

Chocolate Chip Banana Bread

11 ingredients · 1 hour · 10 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Combine the dry ingredients in a mixing bowl and mix well. In a separate mixing bowl, mash the bananas with a fork until a creamy consistency forms. Add in the oil, eggs and maple syrup and mix well. Pour the dry ingredients in with the wet ingredients and mix well.
3. Gently fold in the chocolate chips with a spatula. Distribute the chocolate chips evenly throughout the batter.
4. Line a loaf pan with parchment paper and pour in the batter. Bake in oven for 45 - 50 minutes. Test if it is cooked through by sticking a toothpick in the middle. If it comes out clean, the bread is done. When fully cooked, lift the parchment paper out of the pan and let cool before slicing. Enjoy!

Notes

Make it Portable

These can easily be made into muffins by baking in a muffin tin instead of a loaf pan. Reduce baking time to 20 minutes.

Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 2 Banana (mashed)
- 2 tbsps Extra Virgin Olive Oil
- 2 Egg (whisked)
- 1/4 cup Maple Syrup
- 1/2 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving

Calories	232	Cholesterol	37mg
Fat	14g	Sodium	265mg
Carbs	22g	Potassium	116mg
Fiber	3g	Calcium	42mg
Sugar	14g	Iron	1mg
Protein	5g	Phosphorous	25mg