



Healthy Recipes for Healthy Living

Dr. Reina Persaud, ND

Banana Nut Bread (Gluten-Free)



1 cup Mashed Ripe Bananas
1/4 cup Chopped Nuts
3/4 cup Brown Sugar
3/4 teaspoon Gluten-Free Baking Powder
1 teaspoon Gluten-Free Vanilla

1/2 teaspoon Baking Soda
2 Eggs
1/4 teaspoon Sea Salt
1-1/4 cups Rice Flour
1/4 cup Vegetable oil

Combine the bananas, sugar, and vanilla in a medium mixer bowl, and beat at medium speed for 1 minute. Add the eggs and mix well.

Combine the rice flour, nuts, baking powder, baking soda, and salt in a large mixer bowl. Add the banana mixture alternately with the oil to the dry ingredients, mixing well at low speed. Pour the batter into two 8 x 4 inch loaf pans. Bake at 350° F for 50-60 minutes or until done. Cool for 5 minutes before removing from pans.