

What's really in it? Banana Bread



1 cup GF flour
¼ cup almond flour
**you can just use All purpose flour 1 ¼ cup
½ tea bking soda
¼ tea bking pwdr
½ tea salt
½ tea cinnamon
½ cup brown sugar
¼ cup oil
2 lrg egg whites
1 ½ cups banana puree - you can puree it or just
smash it up really good
½ c cauliflower puree - steam 1 head of cauliflower,
puree in blender
1 tea vanilla extract

Preheat oven 350

lightly grease 1 loaf pan OR 12 muffin tins

1. Mix all dry ingredients in bowl and set aside
2. Steam cauliflower & puree in a blender (you will have leftover depending on the size of your head of cauliflower, but it freezes well)
3. In another bowl mix sugar & oil together, add egg whites and puree's
4. Add flour mixture to wet mixture & stir until combined.
5. Pour into pan of choice - baking time for a loaf is 35-40mins, muffin pan is 13-15 mins

Enjoy!

*This recipe is not too sweet - so if you want to you could add more brown sugar