

Almond Flour Chocolate Chip Banana Bread (Gluten-Free)

Ingredients

- 2 medium ripe bananas (the riper, the better – dark spots are great)
- 2 large eggs, at room temperature
- 1½ cups almond flour (superfine, blanched)
- ½ cup coconut sugar (or light brown sugar)
- ¼ cup dairy-free chocolate chips (or dark chocolate chunks)
- 1 tsp baking powder
- ½ tsp cinnamon (optional, for warmth)
- 1 tsp vanilla extract
- Pinch of sea salt
- Coconut oil or non-stick spray for greasing the pan

Instructions (Very Detailed)

Step 1 – Prepare your oven and loaf pan:

Preheat your oven to 175°C (350°F).

Take a standard loaf pan (8x4 inches) and grease it well with coconut oil or non-stick spray. You can

also line it with parchment paper for easy removal later.

Step 2 – Mash the bananas:

Peel the bananas and place them in a large mixing bowl.

Use a fork or potato masher to mash until you have a smooth, slightly chunky puree — it should measure about 1 cup.

Set aside.

Step 3 – Mix the wet ingredients:

To the mashed bananas, add:

- 2 eggs
- 1 tsp vanilla extract

Whisk these together well until the eggs are fully incorporated, forming a smooth, thick liquid base. The mixture will be creamy and pale yellow.

Step 4 – Add the dry ingredients:

Add the following directly into the wet mixture:

- 1½ cups almond flour

- ½ cup coconut sugar
- 1 tsp baking powder
- ½ tsp cinnamon (optional)
- Pinch of sea salt

Use a rubber spatula or large spoon to gently fold the dry ingredients into the wet mixture. Stir until just combined — do not overmix, or the texture may become dense.

Step 5 – Fold in the chocolate chips:

Sprinkle the chocolate chips into the batter and gently fold them in until evenly distributed.

If you like extra chocolate, reserve a few chips to sprinkle on top before baking.

Step 6 – Pour and level the batter:

Pour the thick batter into your prepared loaf pan. Use a spatula to spread it evenly across the top, smoothing it out and ensuring it reaches all corners of the pan.

Tap the pan gently on the countertop to release any air bubbles.

Step 7 – Bake the banana bread:

Place the loaf pan on the center rack of the oven. Bake for 40–45 minutes, or until the top is golden brown and a toothpick inserted into the center comes out clean or with just a few moist crumbs.

Start checking around the 40-minute mark.

Step 8 – Cool before slicing:

Remove the banana bread from the oven and let it cool in the pan for 10–15 minutes.

Then, use a knife to loosen the edges and gently lift or flip the bread out onto a wire rack. Let it cool completely before slicing for clean, even pieces.

Optional Tips:

- For a nuttier flavor, you can add $\frac{1}{4}$ cup chopped walnuts or pecans.

- For extra moisture, add 1 tablespoon of dairy-free yogurt or applesauce.
 - To make muffins, divide the batter into a muffin tin and bake for 18–20 minutes.
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Benefits

- Naturally gluten-free thanks to almond flour
- Almonds provide protein, fiber, and healthy fats
- Bananas add potassium and natural sweetness
- No refined flour or dairy

Prep Time: 10 minutes

Bake Time: 40–45 minutes

Cooling Time: 30 minutes

Servings: 8 slices