

Foodnity Recipes

Gluten-Free Banana Bread – Irresistibly Moist

15 min Prep time	**45 min** Cook time	**1 h** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups almond flour
- [ ] 1 tsp baking soda
- [ ] ½ tsp salt
- [ ] 1 tsp ground cinnamon
- [ ] 3 ripe bananas, mashed
- [ ] ¼ cup maple syrup
- [ ] ¼ cup melted coconut oil
- [ ] ½ cup Greek yogurt
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon zest

Optional Add-Ins

- [ ] ½ cup toasted chopped walnuts
- [ ] ½ cup dark chocolate chips

Instructions

1. Preheat the oven to 350°F (175°C). Lightly grease a 9-inch loaf pan or line with parchment.
2. In a large bowl, whisk together almond flour, baking soda, salt, and cinnamon.
3. In another bowl, combine mashed bananas, maple syrup, melted coconut oil, Greek yogurt, eggs, vanilla, and lemon zest until smooth.
4. Pour the wet mixture into the dry ingredients, stirring gently until just incorporated; fold in optional walnuts or chocolate if desired.
5. Transfer batter to the prepared pan, smooth the top, and bake for 45-50 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs.
6. Allow the bread to cool in the pan for 10 minutes, then turn out onto a wire rack to cool completely.

Nutrition per serving

250 kcal	6 g	24 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the top browns too quickly, cover loosely with foil halfway through baking.
- For extra moisture, you can swirl a tablespoon of extra yogurt into the batter before baking.
- Feel free to adjust the cinnamon level to suit your taste.