

Blueberry Almond Bread

Preparation time: 15 minutes

Makes: 1x 900g/ 2lbs loaf – 10 slices

Cooking time: 45 minutes plus cooling

Grain-free and wonderfully moist, this low- FODMAP fruity bread is rich in fibre to support bowel health and stabilize blood sugar levels. The addition of nut butter gives it a further protein boost and creamy texture.

INGREDIENTS

- 100g / 3½ oz / ½ cup coconut oil, plus extra for greasing.
- 4 small ripe bananas, roughly chopped
- 4 eggs
- 130g / 4½ oz / ½ cup almond butter
- 60g / 2¼ oz / ½ cup coconut flour
- 1 tsp gluten-free baking powder
- 1 tbsp vanilla extract
- 1 tsp ground cinnamon
- 60g / 2¼ oz / ½ cup frozen blueberries



*This is lovely toasted as a snack. Option to add additional almond butter for protein & healthy fats.

METHOD

1. Heat the oven to 180°C. Grease 2lb loaf pan and line it with baking parchment.
2. Put the bananas into a food processor and add the eggs, coconut oil & nut butter. Blend together. Alternatively, blend the ingredients in a blender and tip into a large bowl.
3. Add the coconut flour, bicarbonate of soda / baking powder, vanilla & cinnamon to the food processor or bowl. Blend or mix using electric hand whisk / beater, then stir in the blueberries.
4. Spoon the batter into the prepared pan. Bake for 45 minutes or until golden and cooked through (stick a skewer into the middle and when it comes out clean, it's cooked).
5. Leave to cool in the pan for 5 minutes, then turn onto a wire rack to cool. Slice to serve. Store in the fridge for up to 5 days or slice and freeze for up to 1 month.