

Tahini Banana Bread

Serves: 10-12 slices

INGREDIENTS:

- 2 large, ripe bananas
- 1/3 cup tahini
- 1/4 cup pure maple syrup
- 2 eggs
- 1 tsp vanilla extract
- 2 cups ground up GF oats
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp salt

Optional additions: chocolate chips, cacao nibs, chopped walnuts



INSTRUCTIONS:

Serving size: 1 slice + 2 whole eggs/greek yogurt or turkey sausage patties

1. Preheat the oven to 350 degrees and take out a loaf pan. Spray with non-stick spray
2. In a large bowl, whisk together the mashed bananas, tahini, eggs and vanilla.
3. Grind up your gf oats in a blender until a flour-like consistency. Add to the banana mixture bowl along with baking soda, cinnamon and salt. Stir until well combined but not overly done!
4. Fold in chocolate chips or nuts of choice.
5. Pour into your loaf pan and pop in the oven!
6. Bake for 45-55 minutes until the middle is completely done and a knife comes out of the middle nice and clean! The top should be golden brown.

Notes: This recipe has not been tested Vegan/with flax eggs. You can sub tahini for almond butter or peanut butter, but I suggest not to! The flavor is just perfect. You can also sub honey or pure maple syrup but again, I suggest using exact ingredients listed above!