

Low Carb Banana Bread



Plan Z Phase: This is a Z3.5 (ZReboot 3.5) recipe. I have been working on a low carb banana bread recipe for weeks. I wanted one that had actual banana in it and not just banana flavoring. I eat very few bananas these days because as they ripen their carb count/glycemic index load goes up. So this is a treat. Don't plan to eat the whole loaf yourself. That could get dangerous.

A shout out to Low Carb Londoner. After several tries with assorted types of flour etc., the one LCL posted was the best. I made very few changes to it.

Servings: Serves 6

Ingredients:

- 3 cups of super-fine ground almond flour (Bob's Mill makes a good one)
- 1 cup of mashed, ripe banana (1 large one or two small)
- 6 eggs
- 4 Tbl of butter, melted
- $\frac{1}{2}$ cup of granular sugar substitute. I use Swerve or ZSweet
- 2 tsp of baking powder
- Walnut pieces or chocolate chips (optional). They have

just come out with Bittersweet (dark) chocolate chips. Use them sparingly and you'll be okay. I used about $\frac{1}{4}$ cup.

Instructions:

Preheat oven to 350 degrees.

To make this I put all the ingredients in a large bowl except the nuts and/or chips. Be sure when you add the ingredients that you scatter the baking powder across the surface of the ingredients so it's not all in one spot. Beat on medium for a full minute. Make sure your banana is getting fully incorporated. Scrape down the bowl and beat a full minute more on a medium-high setting. It's the beating of the eggs that will be one of the secrets to a moist, leavened bread.

Stir in your chips or nuts with a spatula.

Line your loaf pan with parchment paper. I used a 9 X 5" pan. (One other time I used mini pans and baked them in about 20 minutes. Keep an eye on them. Loaf pans are different sizes. Test for doneness with a toothpick. If it comes out clean it's baked).

Pour in your batter. Bake at 350 degrees for 50 – 55 minutes. Let cool most of the way before you try to take it out of the pan. Cool completely and serve. Leftovers can be stored in a ziplock bag.

Enjoy!

Cheers,