



Pumpkin Banana Bread

12 servings

1 hour

Ingredients

- 1 1/2 cups Almond Flour
- 1/2 cup Ground Flax Seed
- 1/2 cup Vanilla Protein Powder
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 1/2 tsps Cinnamon
- 1/2 cup Walnuts (optional) (Chopped)
- 1/2 cup Raisins (Optional)
- 1/2 tsp Nutmeg
- 1 tsp Pumpkin Pie Spice
- 1 1/3 cups Pureed Pumpkin
- 2 Banana ((small size))
- 2 tbsps Coconut Oil
- 2 Egg
- 1/2 cup Coconut Sugar

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan. In a large bowl, stir together the mashed banana, eggs, oil, pumpkin, and sugar. Combine the flour, flax seeds, baking soda, nutmeg, salt, pie spice and cinnamon. Stir into the banana mixture until just combined. Fold in the raisins and walnuts if desired. Pour batter into the prepared pan. Bake at 350 degrees F (175 degrees C) for 45 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 30 minutes before moving to a wire rack to cool completely.

Notes

Total prep and cooking time - 60 minutes: 15 minutes to prepare batter and cook for 45 minutes.

Nutrition

Amount per serving	
Calories	251
Fat	15g
Carbs	24g
Fiber	5g
Sugar	14g
Protein	10g
Cholesterol	32mg
Sodium	225mg
Potassium	234mg
Vitamin C	3mg
Calcium	82mg
Iron	2mg

Vitamin D	7IU
Folate	18µg
Vitamin B12	0.2µg
Magnesium	71mg
Zinc	1mg
Selenium	4µg