

**BANANABREAD****INGREDIENTS**

- 150 grams of almond flour
- 3 medium units of egg, whole, raw, fresh (132 g)
- 3 medium units (7" to 7-7/8" long) of bananas, raw (354 g)
- 3 tbsps of honey (63 g)
- 1 gram pinch of salt
- 1 tsp of spices, cinnamon, ground (3 g)
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- 1 tsp of leavening agents, baking soda (5 g)

COOKING METHOD

- 1° Mash the bananas Mix the eggs and add them to the banana mix
- 2° Add all the ingredients one by one
- 3° Heat the oven to 175°
- 4° Put the mix in a baking tray (I always use bakingpaper, so it doesn't stick and less fat)
- 5° Put in the oven for 55 minutes
- 6° Let it cool down, and enjoy!

NUTRITIONAL INFORMATION

| | PER 100 g | % DRI |
|------------------------------|-----------|-------|
| ENERGY | 239 kcal | 12 % |
| PROTEIN | 8 g | 15 % |
| CARBOHYDRATE | 21 g | 8 % |
| SUGARS | 13 g | 15 % |
| FAT | 14 g | 20 % |
| FATTY ACIDS, TOTAL SATURATED | 1 g | 3 % |
| FIBER | 2 g | 7 % |
| SODIUM | 260 mg | 11 % |