

6. Recipe - Green Banana Flour Chocolate Chip Banana Bread

Ingredients:

- **3 ripe bananas** (mashed)
- **2 large eggs**
- **1/4 cup** coconut oil (melted) or butter
- **1/2 cup** honey or maple syrup (for natural sweetness)
- **1 tsp** vanilla extract
- **1 1/2 cups** green banana flour
- **1 tsp** baking soda
- **1/2 tsp** baking powder
- **1/2 tsp** salt
- **1/2 tsp** cinnamon powder (optional)
- **1/2 cup** dark chocolate chips (or nuts, if preferred)



Instructions:

1. Preheat the Oven:

Preheat your oven to **350°F (175°C)**. Grease a loaf pan or line it with parchment paper.

2. Prepare Wet Ingredients:

In a large bowl, mash the ripe bananas. Add the eggs, melted coconut oil, honey (or maple syrup), and vanilla extract. Whisk until smooth.

3. Mix Dry Ingredients:

In a separate bowl, combine the green banana flour, baking soda, baking powder, salt, and cinnamon powder.

4. Combine Wet and Dry:

Gradually fold the dry ingredients into the wet banana mixture. Stir gently until just combined – be careful not to overmix.

5. Add Chocolate Chips:

Fold in the chocolate chips (or nuts) to the batter.

6. Pour into Pan:

Pour the batter into the prepared loaf pan and smooth the top.

7. Bake:

Bake for **45-50 minutes**, or until a toothpick inserted in the center comes out clean.

8. Cool and Serve:

Allow the banana bread to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely. Slice and serve!

Why You'll Love It:

- **Naturally Sweetened:** No refined sugar, just honey and bananas.
- **Gluten-Free and Nutrient-Dense:** Green banana flour is high in fiber and resistant starch.
- **Moist and Chocolatey:** Perfect for banana bread lovers!
- **Versatile:** Great as breakfast, a snack, or dessert.

Enjoy this moist, chocolatey banana bread with a cup of tea or coffee! 🌟 🍫 🍪