

Avacado Bread

(shared with all of us by my friend Sandie! ... in one word....YUM!)

Preheat oven to 375 degrees

2 cups bread flour
1/4 cup wheat germ
3/4 cup brown sugar
2 tbs flax seeds
1/4 cup unsweetened shredded coconut
1 tsp baking soda
1 tsp baking powder
1/2 tsp salt

1 ripe avacado-mashed
1 cup grated carrot
1/2 cup buttermilk
1 large egg

Combine the dry ingredients on a large bowl. In a food processor, combine the wet ingredients. Add the dry to the wet.... Pour into a 9x5 greased loaf pan and bake for 50 minutes or until brown and toothpick comes clean.

Gluten Free Dairy Free Banana Bread Recipe



Ingredients

2 cups white rice flour or your favorite simple gluten-free flour blend
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1/2 tsp. ground cinnamon
1/4 tsp. ground nutmeg
2 eggs, beaten
1 1/2 cups mashed, ripe bananas (about 5)
1 cup vanilla infused sugar (leave vanilla bean in sugar overnight and then remove bean)
1/2 cup canola oil

Directions

Preheat oven to 350F. Spray medium bread pan with nonstick cooking spray or grease with margarine and reserve. Combine dry ingredients in a large bowl and then make a well in the center. Add eggs, banana, sugar, and oil to the center and combine them before folding into the rest of the dry ingredients. Pour or spoon batter into your bread pan. Bake for an hour or until a toothpick comes out clean. Cool for a few minutes before removing from pan, and then cool on a wire rack until you can't stand it any longer (ideally until bread is entirely cool, but hey, I'm only human.) Slice a piece and enjoy!