Healthy Recipe of the Week
Use Organic ingredients whenever possible.

Paleo-Style Coffee Cake Banana Bread
From www.paleomg.com

3 brown bananas, mashed
¼ cup maple syrup
1 teaspoon vanilla extract
3 eggs
½ cup almond butter (or other nut/seed butter)
¼ cup coconut flour
½ teaspoon baking soda
½ teaspoon baking powder
1 teaspoon cinnamon
pinch of salt

For the topping:
4 tablespoons (1/4 cup) grass fed butter, at room temperature (or coconut oil)
2 tablespoons coconut sugar
2 tablespoons almond flour
1 teaspoon cinnamon
¼ cup pecans, crushed

1. Preheat oven to 350 degrees. Grease an 8.5×4.5 baking dish with oil then line the middle with parchment paper. It will make it easier to remove from the pan without it coming apart.
2. In a large bowl, mix together bananas, maple syrup, vanilla extract, eggs, and almond butter.
3. Then add coconut flour, baking soda, baking powder, cinnamon and salt and mix well.
4. Pour batter into baking dish. Place on a baking sheet.
5. In a small bowl, add butter, coconut sugar, almond flour, cinnamon, and pecans. Use your hands to mix the toppings together.
6. Place chunks of the toppings all around the top of the banana bread mixture.
7. Place in oven to bake for 50 minutes.
8. Remove from oven, place on cooling rack and let rest for 5-10 minutes before cutting and serving.