

Avocado Banana Bread

Gluten, nut, dairy, soy, and corn-free. Vegan option.

1 avocado

2 bananas

1/4 cup honey (or agave nectar for vegan)

1 tsp. pure vanilla extract

1/4 tsp. sea salt

3/4 cup buckwheat flour

1/4 cup + 2 tbs. potato starch

1/2 tsp. baking powder

Preparation time: 5 minutes

Cooking time: about 15-20 minutes

Serves 4-6

1. Pre-heat oven to 375 degrees Fahrenheit (160 degrees Celcius). Slice avocado and banana into small pieces. Purée these pieces in blender with honey (or agave), vanilla, and sea salt.

2. Combine dry ingredients in separate bowl. Combine with wet ingredients until batter is formed. Bake for 15-20 minutes in standard ovens (or until inserted toothpick comes out clean).

It's a healthy cake. Still tasty, but gotta say it. To make it slightly less healthy, cover it with frosting. (I whipped some kefir with powdered sugar for an icing.)