

GFV banana bread or muffins

ingredients:

1 1/3 cup olive oil

1 1/3 cup honey

1 1/3 cup agave nectar

2 large eggs or 4 T. unsweetened apple sauce

1 t. vanilla

1 3/4 cup gluten free all purpose flour (Bob's)

2 t. baking powder

1 1/4 t. cinnamon

1 t. xanthan gum

1 1/2 t. salt

1 1/2 cups mashed bananas (4-5)

1 cup sweetened shredded coconut

1 1/2 cup raw sunflower seeds

Directions:

Preheat oven to 350. Grease a 9X5 nonstick loaf pan or line muffin tin with paper liners. Cream oil, sugar, eggs (or apple sauce), and vanilla in a large bowl with an electric mixer. In another bowl sift flour, xanthan gum, salt, baking powder, and cinnamon. Add flour to wet ingredients, alternating with bananas. Beat until smooth. Stir in sunflower seeds and shredded coconut. Transfer to pan or muffin liners (fill to the top). Bake bread for 1 hour or muffins for about 15-20 min.