



High Altitude Gluten Free Banana Bread Recipe – GF, DF, RSF

This bread recipe is great for breakfast or a snack! A great way to use up any extra bananas that you might have!

Equipment



- Loaf Pan (I prefer glass)
- parchment paper

Ingredients



- 3 large eggs
- 3 medium bananas
- 1/4 cup applesauce
- 1 1/2 cups brown rice flour plus 2 tbsp
- 1/2 cup oat flour
- 1/4 cup potato starch
- 1/8 cup arrowroot starch
- 1 tsp salt
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1 tbsp cinnamon
- 1/2 cup avocado oil
- 1/2 cup coconut sugar
- 1/4 cup maple syrup
- 2 tsp vanilla extract
- 1/2 cup chopped walnuts

Instructions



1. Preheat your oven to 350F.
2. Prepare your loaf pan. Grease the pan with avocado oil (~3/4 tsp) and flour with some brown rice flour. Then take a piece of parchment paper to line the bottom and the two long sides.
3. Crack your eggs into a small bowl.
4. Get out your bananas. If they are frozen, defrost in the microwave while you are preparing the rest of the ingredients.
5. In a small mixing bowl, combine the brown rice flour, oat flour, potato starch, arrowroot starch, salt, baking powder, baking soda, and cinnamon. Mix until incorporated with a fork or spoon.
6. In your mixing bowl, combine the oil, coconut sugar, and maple syrup. Mix for 30 seconds to 1 minute.
7. Add your eggs to the oil mixture and mix until combined.
8. Scrape the bowl and add the vanilla extract, bananas, and applesauce. Mix until combined.
9. Add in half of the flour mixture and mix until combined. Then add in the second half and mix again.
10. Add in the chopped walnuts and mix until incorporated.
11. Quickly mix by hand to scrape the edges of the bowl and make sure everything is incorporated.
12. Pour the mixture into the loaf pan and bake for about 70 - 75 minutes (1 hour and 10 minutes to 1 hour and 15 minutes). The banana bread will be done when a knife or skewer comes out clean or with just a few crumbs.
13. Place the loaf pan on a cooling rack for 15 minutes. Then use a butter knife to break the sides free and remove the bread from the pan.
14. Discard the parchment paper and place the bread directly on the cooling rack. Let it completely cool.
15. Store the banana bread in the refrigerator. It will last for about 4-5 days in an airtight container or sealable bag. You can also freeze the bread for up to 4 months.