

la bella vie



Healthy Banana Bread
& Apple Crumble Cake Recipes

Gluten-Free, Yummy Banana Bread

Ingredients

3 Large eggs	1 tsp. of baking soda
3 Large or 4 small ripe bananas	1 tsp. of baking powder
1/4 C of maple syrup	1/4 tsp. salt
1/4 C of mild cooking oil	3 C of Bob's Red Mill Almond flour
1 tsp. of vanilla extract	1/2 C of finely chopped walnuts
1 1/2 tsp of cinnamon	

Pre-heat oven to 350 degrees.

Line a loaf pan with unbleached parchment paper and spray with cooking spray. Set aside.

In a large mixing bowl, mash the bananas. Add eggs, maple syrup, oil, vanilla, cinnamon, baking soda, baking powder, salt, and nuts. Mix until combined.

Add almond flour and mix gently with a spatula to combine.

Pour batter into loaf pan and bake for 55-60 minutes, or until a toothpick comes out clean.

Remove from the oven and transfer to a cooling rack. Let cool for 15 minutes. Holding onto the parchment paper flaps, remove bread from loaf pan and let it cool off on rack completely before cutting with a serrated knife.

Healthy, Delicious Apple Crumble Cake

Ingredients

CAKE

2 C of Bob's Red Mill Almond Flour
1/4 tsp Salt
1 tsp. Cinnamon
1/4 tsp All Spice
1/4 C of light oil
1/4C of pure maple syrup
2 large eggs
1/4 C of Applesauce
1 tsp of vanilla
1/2 C Finley chopped apples

CAKE

Preheat oven to 350 degrees Fahrenheit. Grease 8x8 baking pan; set aside.

In a large mixing bowl, mix together almond flour, salt, baking soda, cinnamon, and allspice. Add oil, maple syrup, eggs, applesauce and vanilla extract and mix until well combined

Fold in the chopped apples.

Spoon batter evenly into your prepared pan. Use a spatula to level it.

CRUMB TOPPING

1/2 C of Almond Flour (such as Bobs Red Mill)
3 T Light Cooking Oil
1/4 C Crushed Walnuts
1/4 C Coconut Sugar
1/4 tsp. Cinnamon

CRUMB TOPPING

In a small bowl mix the almond flour, cinnamon, coconut sugar, crushed walnuts and oil.

Sprinkle the crumble evenly on top of cake and press down lightly.

Bake for 25-30 minutes or until the center of cake is set. Remove from oven and cool for 10 minutes before serving.

For a twist I like to put greek vanilla yogurt on top... So yummy!