

Paleo Breakfast Bread

My quick and easy paleo fruit and nut bread recipe is grain free and dairy free, with no added sugar. This delicious quick bread is loaded with dried fruits, nuts, and seeds, for a healthy breakfast or energy snack. It also happens to be absolutely fabulous toasted!

Ingredients

2 ripe bananas (a scant one cup mashed)
2 large eggs
1/4 cup melted coconut oil
2 cups almond flour
1 tsp baking powder
1/4 tsp salt
2 Tbsp flax seeds
2 cups chopped nuts
2 cups chopped dried fruits

Instructions

Set oven to 350F. Lightly spray a standard loaf pan. I like to line it with a sheet of parchment so I can lift the bread out for slicing.

Make sure your dried fruit and nuts are chopped fairly evenly.
chopped dried fruit and chopped nuts

Mash the two bananas really well. I actually did this in my small food processor to get a smooth result. You should have anywhere from 3/4 to a scant cup of mashed banana.

Put the banana into a large mixing bowl and whisk in the eggs and coconut oil really well.
Mixing eggs and coconut oil with mashed bananas in a bowl

Fold in the fruits, nuts, and seeds and blend until everything is well distributed. Note: you'll think there are too many fruits and nuts when you start, but trust me, it will all blend in fine.

Turn the batter into the loaf pan and spread out the dough evenly, especially into the corners. Make sure to spread the dough out flat and even.

Bake for 40 minutes or until starting to turn golden and a toothpick inserted in the center comes out dry. This bread does not rise, so it will still be flat. The exact cooking time will depend somewhat on the exact dimensions of your loaf pan, as even 'standard' ones can vary. Let cool briefly before removing the bread from the pan using the parchment paper to lift it out, and let it cool further on a rack.

When the bread is almost completely cooled, wrap it in plastic wrap and refrigerate overnight. This helps the bread firm up and hold together better when slicing. Note: use a very sharp serrated bread knife with a slight sawing motion to slice the bread neatly.

Use your choice of nuts, I used:

almonds

pecans

pistachios

walnuts

hazelnuts

Use your choice of dried fruits, I used:

apricots

figs

cranberries

dates

pineapple

blueberries

strawberries

plums

Nutrition

Calories: 397.89kcal | Carbohydrates: 34.18g | Protein: 10.51g | Fat: 27.38g | Saturated Fat: 6.51g | Sodium: 95.83mg | Fiber: 7.07g | Sugar: 17.92g