



Moist Old-Fashioned Chiquita Banana Nut Loaf

Ingredients for 2 persons

4 very ripe Chiquita Bananas, peels should have brown flecks, mashed
3/4 cup maple syrup
2 tbsp honey
2 tbsp coconut oil
2 large eggs
2 cup whole-wheat flour
2 cup almond meal
2 tsp baking soda
1/2 tsp salt
1/2 cup diced walnuts or pecans

