



Banana Bread

3 ripe bananas
1/2 c. honey or 1 c. xylitol
2 eggs
2 c. brown rice flour
2 tsp. guar gum or xanthan gum
1 tsp. baking soda
1/4 tsp. sea salt
1/2 c. melted butter

In a large bowl, mash bananas until almost smooth. Add rest of ingredients in order and mix thoroughly. Pour into bread pan and bake at 350 degrees for 50 minutes or until toothpick comes out cleanly.



 **BERGLUND**
Health & Wellness Center
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