

Keto Banana Bread

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Servings: 10

Ingredients:

- 1 1/2 cups almond flour
- 1/4 cup coconut flour
- 2 tsp baking powder
- 3/4 cup softened butter
- 3/4 cup powdered sweetener of choice (use 1/2 if using erythritol)
- 4 eggs room temperature

- 1 tsp cinnamon
- 1 tbsp banana extract
- 1/3 cup sour cream or coconut cream (for dairy free)
- 1/2 cup chopped walnuts (reserve some for the topping)
- Pinch of salt

Instructions

- Preheat your oven to 350F.
- In a large mixing bowl, add your almond flour, coconut flour, baking powder, salt, and cinnamon and mix well with a spatula.
- In a separate bowl, combine your softened butter and sweetener and whisk together, until combined. Add in the eggs and whisk!
- Now, add your banana extract and sour cream (or coconut cream) and whisk until smooth.
- Combine your wet and dry and mix until combined. Add your walnuts and fold into your batter. Keep some of your walnuts for the top!
- Bake your banana bread for 45-50 minutes, adding the aluminum foil at the 20 minute mark, so it doesn't get too brown!
- Remove from the oven once a toothpick comes out clean and let the bread cool for another 10-15 minutes before slicing.

Nutrition:

- Calories - 295
- Fat - 27g
- Protein - 7.2g
- Net Carbs - 3.2g

