

## From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by  
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



### **Paleo Banana Bread**

*Contributed by Ali*

2 cups almond flour  
1/4 cup flaxseed meal  
2 tsp cinnamon  
1 tsp baking soda  
1 tsp baking powder  
2/3 cups chopped nuts (I used pecans)  
4 ripe mashed bananas  
2 tbsp local honey  
4 eggs  
1 tsp vanilla

Preheat oven to 375 degrees F. Sift the dry ingredients together in a large bowl. In a separate bowl, add the mashed bananas, eggs, honey and vanilla; mix well. Make a well in the dry ingredients and pour in the wet ingredients. Stir until combined. Fill greased muffin tins, baking cups, mini loaf pans or a big loaf pan about 3/4 full. Bake muffins for 20-25 minutes and loaves for 30 minutes, or until a toothpick inserted in the center comes out clean. Let cool slightly and enjoy with almond butter, coconut butter or grass fed butter.



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