



Quick & Easy Gluten-Free Banana Bread

Mmmmm. Who doesn't enjoy the taste of fresh banana bread! This simple gluten-free raw version will make your taste buds smile. Perfect for breakfast or a quick snack!

2 cups walnuts
6 large bananas
½ teaspoon pink Himalayan sea salt
½ teaspoon cinnamon

Soak walnuts overnight in some purified water to release the enzyme inhibitors and tannins. Rinse and drain.

Add walnuts to a food processor and pulse until finely chopped; then transfer to a medium sized bowl.

Next, peel bananas, break into chunks and add to food processor along with cinnamon and sea salt. Process until smooth and creamy.

Add banana mixture to bowl with walnuts and combine.

Spread on Teflex sheets. If desired, score into slices.

Dehydrate for approximately 6 hours at 110 degrees. The mixture should be dry enough to flip over directly onto a dehydrator tray with screen only. Peel back the Teflex sheet; the side that was closest to the Teflex will now be on top.

Return tray to the dehydrator and continue drying overnight.

Enjoy!

Yields two (2) trays