

Banana, coconut and chocolate loaf

Takes 10 minutes plus oven time, makes 1 large loaf

- * *Banana - 4 ripe*
- * *Eggs - 4 large*
- * *Coconut flour - 1 cup (can replace with plain flour)*
- * *Ground almonds - 1 cup*
- * *Desiccated coconut - 2 tbsp*
- * *Coconut oil - 1 tbsp (can replace with vegetable oil)*
- * *Cinnamon - 2 tsp*
- * *Vanilla - 1/2 tsp*
- * *Salt - a generous pinch*
- * *Baking powder - 3 heaped tsp*
- * *Dark chocolate - 100g, chopped*

1 large loaf tin, greased and floured

Preheat the oven to 170 degrees C.

Place all the ingredients except the chocolate in the mixer and mix until smooth.

Stir in the chopped chocolate.

Pour the mixture into the tin and bake for 75 minutes. Cover the cake with tin foil for the last 30 minutes to prevent the top from over browning.

Leave to cool for a few minutes and then turn out of the tin.