

Banana Bread with a Nut-Butter Icing

Preheat oven to 350F

Grease a 9" square pan or pie plate

Step 1: Dry Ingredients

Put the following into a large mixing bowl:

- ½ cup whole wheat flour
- ¾ cups oatmeal
- 1 ½ tsp baking powder
- 2 tbsp coconut sugar

Step 2: Process the following in your food processor to make a meal like crumble:

- ½ cup walnuts
- ½ cup dates

Add this crumble to your mixing bowl and stir

Step 3: Cook quinoa

In a small saucepan cook the quinoa in water for 15 minutes then drain

- ½ cup cooked quinoa
- 1 cup water

Drain, rinse then drain again then add to your mixing bowl

Step 4: Wet Ingredients

Put the following in your blender and blend until creamed

- 2 ripe bananas
- ½ cup coconut milk
- ¼ cup water
- ¼ cup coconut oil

Add this to your mixing bowl and mix just until all is wet

Spoon into the pan or pie plate and spread evenly

Step 5: Bake at 350F for 20-25 minutes

Nut-Butter Icing: makes 1 cup

First soak the dates for 30 minutes until soft then drain – keep date water

Put the following ingredients into a food processor and blend until creamy:

- ¼ cup dates
- ½ cup nut butter
- 1 tbsp date juice (optional if it does not spread well)

Spread this creamy mixture over the banana bread then garnish with whole walnuts and serve in wedges or squares.



Coconut Mocha Squares

Here we have more awesome squares that are also Vegan and Gluten Free just like the Banana Bread Cake above!

Prep time: 15 minutes

Baking time: they can be either baked in your oven at 350F for 25 minutes or Dehydrated for 8-12 hours at 105F.

Makes: 8" x 8" pan

Ingredients needed:

- ½ cup walnuts (chopped)
- ½ cups soft dates
- ¾ cup shredded unsweetened coconut
- ¼ cup sunflower seeds
- 1 tbsp maple syrup
- 2-3 tbsp coconut oil
- ¼ cup oatmeal
- 2 tbsp coconut flour
- 1 tbsp raw carob powder
- ¼ cup Teeccino Herbal hot coffee



1st step

- Take the walnuts and dates and process into a coarse meal in your food processor
- Put into a large mixing bowl

2nd step

- Add the rest of the ingredients to the mixing bowl and stir just until mixed

3rd step

- Grease your 8" square baking dish with oil then put your mixture into the baking dish and pat down.
- If you are Dehydrating divide the mixture into 10-12 equal parts and pat into round or square shapes about 1" thick onto either parchment paper or the Paraflex sheets.

4th step

- Bake or dehydrate as instructed above.
- If baking then let them cool before cutting into squares.