

Maple Walnut Banana Ricotta Bread

- 1/3 c coconut oil
- 1/2 c maple syrup
- 2/3 c ricotta
- 2 eggs
- 2 ripe bananas, mashed
- 1 3/4 c flour
- 1 T each chia, hemp, ground flax seeds (optional)
- 1 c walnuts
- 1 t sea salt
- 1/2 t cinnamon
- pinch of ground nutmeg

Preheat oven to 325F.

Lightly coat a 9 x 5-inch loaf pan with coconut oil, or line it with parchment paper.

In a large bowl, use a whisk to mix oil, syrup, ricotta and eggs until smooth. Whisk in bananas until almost smooth.

In a medium-sized bowl, mix flour, salt, seeds, cinnamon and nutmeg. Add the flour mixture into the banana mixture, and stir just until combined. Fold in the walnuts.

Pour the batter into the prepared baking pan, and bang the pan gently on the counter to even out the top.

Bake for 50 minutes, or until a toothpick inserted in the middle comes out clean.

Cool for 15 minutes before serving. Delicious served warm. Can be frozen. Garnish with blueberries. Serves 8 - 10.

Jittery Cook