

Chocolate Coconut Banana Bread

- 5 bananas (2 1/4 cups), mashed
- 1/4 c coconut oil, melted
- 1/4 c milk (or, if you are vegan, your favorite milk substitute)
- 1/2 c coconut sugar (or your favorite sweetener)
- 1 t vanilla
- 1 1/3 c whole wheat flour
- 2/3 c coconut flour
- 1/2 c unsweetened **cocoa or cacao** powder
- 1 t baking soda
- 1/2 t sea salt
- 1/3 c chocolate chips
- 1/3 c walnuts

Preheat the oven to 350 degrees. Prepare a loaf pan by coating lightly with coconut oil and set aside.

Mash the bananas, and mix with the liquified coconut oil, milk, sugar and vanilla. In a medium-sized bowl, combine the flour, cocoa, baking soda and salt. Add the wet ingredients to the dry, and mix just until combined. Apparently, over-mixing can ruin the texture. Stir in the chocolate chips and the nuts, then pour batter into the prepared loaf pan.

Bake for 55 minutes or until a pointed knife comes out clean.