**Banana Bread**

Makes one loaf

**Ingredients**

5 large over-ripe bananas

1 cup of almonds

2 cups of pecans

1 cup of gluten-free buckwheat or brown rice flour

3 tablespoons of chia seeds

2 tablespoons of cinnamon or mixed spice

2 tbsp. coconut oil, melted

½ cup raisins, soaked

**Instructions**

Start by pre-heating the oven to 145 degrees C.

Blend the almonds and pecans in a food processor so that they form a flour, this should take about thirty seconds.

Once ground, remove the flour and add it to a mixing bowl with the buckwheat flour, chia seeds, cinnamon/mixed spice and coconut oil, mixing them all together.

Next mash the bananas together until smooth before stirring them into the bread mix.

Drain the raisins and add them to the mixture and mix in well.

Grease a loaf tin with coconut oil and then pour in the mix and allow it to bake for about an hour or until a knife comes out clean.