



Trail Mix Banana Bread

Ingredients

- $\frac{3}{4}$ cup whole wheat flour
- $\frac{1}{2}$ cup oats
- $1\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{4}$ teaspoon table salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{3}{4}$ cup shredded coconut
- $\frac{1}{2}$ cup pecans, toasted and chopped
- $\frac{1}{4}$ cup chopped dark chocolate
- $\frac{1}{2}$ cup virgin coconut oil, melted
- 1 cup mashed ripe banana
- $\frac{1}{2}$ cup avocado
- $\frac{1}{4}$ cup honey
- 1 large egg, preferably at room temperature
- 1 teaspoon vanilla extract

Instructions

1. Preheat oven to 200 degrees.
2. Grease a loaf pan.
3. In a medium bowl, whisk together the flour, oats, baking powder, salt and cinnamon. Stir in $\frac{1}{2}$ cup shredded coconut, then mix in the, pecans and dark chocolate.
4. In a separate bowl, whisk together the wet ingredients including the avocado.
5. Pour the wet ingredients into the dry ingredients and stir until just combined.
6. Pour the batter into your prepared loaf pan and sprinkle with oats.
7. Bake for until you can prick with a knife and it comes out clean around 45 minutes.
8. Let the bread cool in the pan before slicing.

Recipe adapted from Cookie+Kate

