

## Almond Pulp Banana Bread

- from Denise's Kitchen

Here's another good way to make use of your leftover almond pulp after making Almond Milk...

### Ingredients:

- 1/2 cup of almond pulp
- 1 1/2 cups of organic whole wheat flour
- 1 tsp of cinnamon
- 1/2 tsp of sea salt
- 2 tsp of baking powder (aluminum-free)
- 1/2 tsp of baking soda
- 1/3 cup of raw, unsalted organic sunflower seeds
- 1/2 cup of organic sugar
- 2/3 cup of organic brown sugar
- 3 large very ripe organic bananas, mashed
- 4 oz of unsweetened organic applesauce
- 1/4 cup of healthy, light tasting oil
- 2 tsp of organic vanilla extract
- 1/2 tsp of organic almond extract



### Directions:

Combine the almond pulp, flour, cinnamon, sea salt, baking powder, baking soda and sunflower seeds in a medium-sized bowl & set aside. Combine the sugars, bananas, applesauce & oil in a large bowl and beat until smooth. (Electric mixer is handy, but not necessary.) Add the vanilla & almond extracts and mix well.

Pour the dry ingredients into the wet ingredients and stir until combined, making sure not to over-mix. Coat a 9" x 5" baking dish with healthy margarine & dust with some flour. Pour in the batter & bake in a pre-heated oven at 350 degrees for 60-65 minutes until done, ROTATING the baking dish halfway through baking. Let cool 15 minutes. Gently remove the bread from the baking dish & let cool another 15 minutes. You shouldn't have any trouble removing this bread from the baking dish. It is extremely moist & flavorful!