

Regina Dillard, Inner Sanctum Wellness
PETITE BANANAS FOSTER LOAVES



Category: Dessert
Diet: Vegan
Cuisine: American
Yield: 12 Bars

Ingredients:

3 cups very ripe bananas, peeled and mashed
2 cups walnuts
1 ½ cups pitted Medjool dates
2 teaspoons cinnamon
1 teaspoon pure vanilla extract
½ cup psyllium seed husks
1 cup unsweetened coconut flakes

Oven Method Directions

Preheat oven to 200 degrees F.

In a food processor, process walnuts until finely ground. Add dates, cinnamon, vanilla and mashed bananas. Process until well combined, - avoid over-processing.

Transfer to large mixing bowl.

Fold in psyllium seed husks and coconut flakes, until well combined.

Spoon mixture, evenly, into a 12-section mini loaf silicone tray.

Transfer to pre-heated oven and bake for 1-1/2 to 2 hours or until tops are browned, checking every 30 minutes.

Remove from oven and let cool. Once cooled, remove from baking tray.

Store in airtight container on counter for 2 days, in refrigerator for up to 5 days.

Dehydrator Method (Raw):

Transfer mixture into a 12-section mini loaf tray. Dehydrate at 145° F for 2 hours. Lower temperature to 115° F and dehydrate for three hours.

Once cooled, remove from baking tray. Store in airtight container on counter for 2 days, in refrigerator for up to 7 days.