AMERICAN · DESSERT · SNACK

Keto Banana Bread with Almond Flour (No Bananas)

60 min · plus cooling (best overnight) · Makes 10 × 1 slice (1/10 loaf) · 207 kcal a portion

Video 4:59 · Joe Duff - The Diet Chef

Vegetarian · Gluten-free ingredients

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Almond flour, eggs and butter with banana extract instead of bananas, sweetened with erythritol: about 2 g net carbs a slice and no added sugar.

Diet notes: Keto (2.4 g net carbs a serve).

Ingredients

13 · MAKES 10 × 1 SLICE (1/10 LOAF)

- [ ] 1½ cups **blanched almond flour**
- [ ] heaping ½ cup **confectioners erythritol** (Swerve)
- [ ] ½ tbsp **baking powder**
- [ ] ½ tsp **ground cinnamon**
- [ ] 3 large **eggs**
- [ ] 6 tbsp (¾ stick) **butter**, melted
- [ ] ⅓ cup **unsweetened vanilla almond milk**
- [ ] ¼ cup **full-fat sour cream**
- [ ] 1 tbsp **calorie-free maple syrup**
- [ ] ½ tbsp **banana extract**
- [ ] 1 tsp **vanilla extract**
- [ ] **baking spray**, a little, for the lined pan
- [ ] ¼ cup **crushed walnuts**, for the top (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F. In a large bowl whisk the almond flour, confectioners erythritol, baking powder and cinnamon. 0:50
2. In a bigger bowl whisk the eggs, then whisk in the melted butter, almond milk, sour cream, sugar-free maple syrup, banana extract and vanilla. 1:55
3. Add the dry ingredients and fold together with a spatula into a thick, smooth batter. 2:54
4. Line a 9 × 5 inch loaf pan with baking paper, spray it lightly and pour in the batter. 3:07
5. Scatter the crushed walnuts over the top, or leave it plain. 3:31
6. Bake 40–50 minutes, until a toothpick comes out clean from the centre. 3:43
7. Let the loaf cool completely in the pan, ideally overnight, before slicing into 10. 3:48

> **Tip** The cook says resting it overnight makes the biggest difference. Choose a maple-flavoured syrup sweetened with monk fruit or allulose. Any topping works, or none.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (1/10 loaf), gives you

1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
207 kcal	5.8 g	4.5 g	2.2 g	19 g	90 mg
870 kJ	12% of a day	2.4 g net · 1.3 g sugars	8% of a day	6.2 g saturated	4% of a day
		2% of a day		25% of a day	

Energy from net carbs 5% · protein 11% · fat 84% — fits keto: 2.4 g net carbs, 84% of the energy from fat

High in (20%+ of a day) Vitamin E 30% · Omega-3 20%

Source of (10–19%) Magnesium 11% · Vitamin A 10% · Selenium 10%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=RoZekOpO9_Y, published 5 January 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-banana-bread-banana-extract