

Macho bread

INGREDIENTS

2 green plantains (also known as macho bananas)

Coconut cream from the top of a (13.5-oz) can of chilled coconut milk (My favorite BPA-free brands are Arroyo-D, Native Forest, or Natural Value. The clear liquid can be saved for smoothies.)

2 Tbsp. coconut flour

1 Tbsp. psyllium husks (ground)

½ tsp. aluminum-free baking soda

¼ tsp. ground cinnamon

⅛ tsp. sea salt

Optional:

coconut sugar and cinnamon for topping

PREPARATION

Preheat oven to 350° F. Line a baking sheet with parchment paper.

Peel plantains, chop into smaller pieces, and place in food processor fitted with the S-blade. Pulse to break them down slightly. Add remaining ingredients and process until a smooth batter forms.

Scoop batter from processor onto parchment paper-lined baking sheet and spread to about ¼-inch thickness. It's easy to form as psyllium will make dough quite springy. If using cinnamon sugar, sprinkle onto dough as desired.

Bake for 20 minutes. Remove from oven and cool before slicing.

This also makes a good grain-free pizza crust!

Makes 12 -16 squares

