Coconut Oil Avocado-Banana Bread

Chef Stacey - Aldi Test Kitchen
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nonstick cooking spray
3 bananas
1 avocado
1/4 cup organic coconut oil
3/4 cup granulated sugar
1 large egg
1 teaspoon pure vanilla
1 1/2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda

Preheat the oven to 350 degrees.

Coat an eight-inch loaf pan with cooking spray.

In a medium bowl, mash the bananas and avocado.

In a separate bowl, combine the coconut oil and sugar. Add the egg and vanilla, mixing until thoroughly combined.

In a separate bowl, combine the flour, baking powder and baking soda. Add to the egg mixture, stirring until almost fully combined. Add the banana /avocado mixture. Stir until everything is fully incorporated. Pour into the prepared pan.

Bake for one hour.

Allow to cool before slicing.

Per Serving (excluding unknown items): 1989 Calories; 39g Fat (17.2% calories from fat); 33g Protein; 392g Carbohydrate; 19g Dietary Fiber; 212mg Cholesterol; 1845mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 Lean Meat; 6 Fruit; 6 1/2 Fat; 10 Other Carbohydrates.