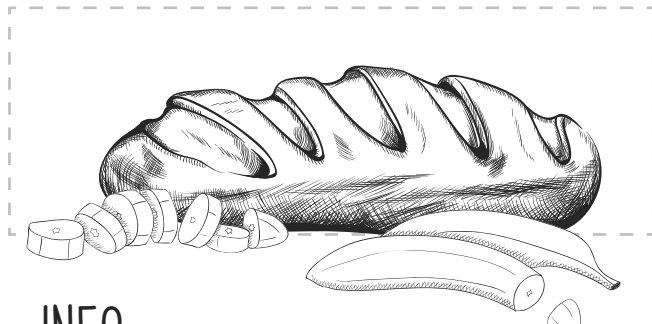




# MORNING BOOST OF ENERGY



## BANANA NUT BREAD



### INFO:

All the ingredients in this recipe are excellent for thyroid function. especially Iodine in the bananas and the Selenium in the Brazil nut.

### INSTRUCTIONS:

Combine all wet ingredients: banana, apple sauce, eggs and vanilla. Set aside. Now combine the remaining dry ingredients in a separate bowl. Add the dry mixture to wet mixture slowly, and stir until the two are just combined.

Spray loaf pan with non-stick spray and pour in the cake mixture. Bake at 350 degrees F (175 degrees C), until the top is brown and there are cracks along the top.

### INGREDIENTS:

2 bananas, mashed



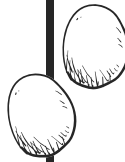
1 1/2 cups brown rice flour



1 tsp. baking powder



3/4 cup brown rice, old fashioned



3 egg whites



1/2 cup raisins



1/3 cup applesauce



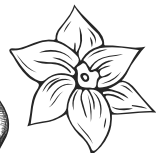
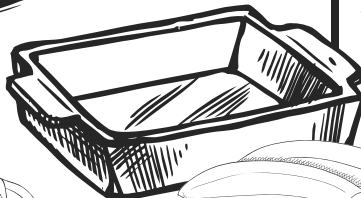
1/3 cup chopped up Brazil nuts



1 tsp cinnamon



175°C



BON APPETITE!