

Mango Coconut Bread

Ingredients:

- 1½ cups gluten-free or regular oat flour
- 1 cup plantain or banana flour
- ½ cup coconut sugar (add ¼ cup more if mango isn't sweet)
- 2 tbsp. arrowroot or tapioca starch
- 2 tbsp. lucuma powder or coconut flour (optional)
- 1 tsp. Non-GMO, aluminum-free baking powder*
- ½ tsp. baking soda
- ½ tsp. Pink Himalayan or Celtic Sea Salt
- ½ tsp. coriander powder
- 1 cup mango puree (approx. 1 medium size mango blended without the pit)
- 1 cup lite coconut milk
- 1 flax egg (1 tbsp. ground flaxseeds + 3 tbsp. water)
- 2 tbsp. lemon juice**
- ½ cup dried fruit (I used cranberries and mango that I dehydrated)
- ½ cup unsweetened shredded or sliced coconut (I used a combination)

Instructions:

1. Preheat the oven to 375°F or 190°C.
2. In a large bowl, combine the flours, sugar, starch, lucuma powder or coconut flour, baking powder, baking soda, salt, and coriander.
1. In a separate bowl or large glass-measuring cup, combine the mango puree, milk, flax egg, and lemon juice.
2. Pour the wet ingredients into the dry ingredients and mix them together.
3. Fold in the dried fruit and coconut.
4. Transfer the batter to a loaf pan (I used a 7.5X4 inch, but a standard 9x5 inch will also work, however the baking time will be less). At this point you can garnish the top with some of the dried fruit and coconut (I used cranberries and sliced coconut).
5. Bake for 40-45 minutes or until a toothpick inserted in the center comes out clean. The bread should look golden brown on top. **Note:** If using a larger pan adjust the baking time.
6. Cool in the pan for about 15 minutes, then carefully remove and cool completely on a wire rack or clean kitchen towel.

Tip: It is mango season in my neck of the woods but feel free to use fresh peach pulp if mango isn't available in your area. Also consider using frozen mango, just make sure it's thawed before blending.

**I used the Rumford brand.*

***The lemon in this recipe neutralizes the very alkaline baking soda. For the sake of your health **do not leave it out.** Note. ½ tsp. baking soda is neutralized by 1 tbsp. lemon juice.*

