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PurePassover Banana Bread

Base Ingredients: (All Versions)

- 3 very ripe bananas, mashed (about 1½ cups)
- 1½ cups almond flour
- ½ cup cassava flour or potato starch (see notes below)
- ⅓ cup oil (avocado, light olive, or melted coconut oil)
- ½ cup applesauce
- ½ teaspoon salt
- ½ cup cassava flour or potato starch
- ⅓ cup honey or sugar (if using sugar, Add 2 tablespoons additional applesauce for moisture)

Choose Your Leavening Path

◆ Option 1: Natural Leavening (No Baking Powder)

For kitchens avoiding chemical leaveners

Eggs

- 4 large eggs, separated

Instructions:

1. Preheat oven to 350°F (175°C). Line or grease a loaf pan.
2. Separate eggs. Beat whites to stiff, glossy peaks; set aside.
3. In a large bowl, whisk yolks with bananas, sweetener, oil, and applesauce.
4. Stir in almond flour, cassava flour or potato starch, and salt.
5. Gently fold in egg whites in two additions.

6. Transfer to pan and smooth the top.

7. Bake 50–60 minutes, until set.

8. Cool completely before slicing.

Texture: moist, tender, gently structured

Note: The loaf firms as it cools—this is essential for clean slices.

◆ Option 2: Baking Powder

For families using kosher-for-Passover baking powder

Eggs

- 3 large eggs

Additional Ingredient

- 1½ teaspoons kosher-for-Passover baking powder

Instructions:

1. Preheat oven to 350°F (175°C). Prepare loaf pan.
2. Whisk eggs, bananas, sweetener, oil, and applesauce.
3. In a separate bowl, whisk almond flour, cassava flour or potato starch, salt, and baking powder.
4. Combine wet and dry ingredients until just mixed.
5. Pour into pan and smooth top.
6. Bake 45–55 minutes, until set. Cool before slicing.

Texture: lighter crumb, classic quick-bread feel