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*Recipe: LOAF*

by **Insulting Consulting™**

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**Introduction:** I was seeking a replacement for bread. It had to have zero sugar and have a low, adjustable level of starch. Thankfully, this loaf is full of resistant starch (which feeds populations of beneficial microbes in the gut so that your fermented foods and probiotics will take hold rather than merely passing through) and it is very suitable for people that have had diabetes, for cancer patients and for people who have been struggling with (or successfully reversing) tooth decay (because stable blood sugar is so important for calcium/phosphorus balance). It is not expected to be ketogenic but certainly low in (digestible) carbohydrates at this level of cassava flour; for a ketogenic loaf the cassava flour would have to be reduced further. Everything should be organic. If no green bananas available, omit.

**Special note:** Some people might be sensitive to salicylates.

This recipe is friendly to: (1) **WAPF Diet**, (2) **Plant Paradox Diet**

**Materials:**

1. One 13"x9" loaf pan
2. 1 stick of unsalted grass-fed butter + a little extra to coat the pan
3. Pastured eggs—4
4. Green banana flour—7/4 c.
5. Cassava flour—2/4 c.
6. Unrefined sea salt—3/4 t.
7. Baking soda—1 t.
8. Filtered water—2 c.
9. Apple cider vinegar—1/4 c. or more
10. Extremely green bananas—the color needs to be solid green with no yellow at all.
11. OPTIONAL: fresh coconut blended with water may be used as a replacement for the filtered water; canned coconut milk is expected to have methanol (see methanol research of Dr. Woodrow Monte PhD).

**Instructions:** Preheat oven to 350° F and put the loaf pan in the oven while it is preheating. Put the stick of butter in a pan on the stove at the lowest temperature setting and watch carefully to make sure that it only just melts but does not begin to cook in the pan. Beat 4 whole eggs in a big stainless bowl. Mix 7/4 c. green banana flour, 2/4 c. cassava flour, 1 t. baking soda, 3/4 t. unrefined sea salt in a different bowl so the cassava and banana flours are basically mixed together and the salt and baking soda are not all in one place. At this point the loaf pan is probably warm enough to melt butter so rub a very generous amount on the warm pan until all inner surfaces are thoroughly buttered to prevent stickage. Using a handheld potato masher, thoroughly mash up (until not very lumpy) about 6 medium-sized green bananas with those eggs—this is a challenge if they are green enough!! Put the dry ingredients in that big bowl with the eggs and bananas. Mix in 2 c. water. Mix in the melted butter. Now mix in the apple cider vinegar and when everything is thoroughly distributed this is ready to pour into the buttered pan. Bake for about 45-50 minutes depending on many factors (size of bananas, the oven, etc.).

**Note:** Psyllium husk could be added for additional anti-diarrhea effect; coconut should be strained if this is a problem. GMO banana vaccines have been in development—this seems like a possible risk but unlikely if the bananas are organic (however they could lie). Reader has been warned. Plantains and plantain flour should be fine as I haven't found evidence they have been making GMO plantains.