Batel's - Banana and maple cake:

(add instead of bread/ any other breakfast carb/afternoon snack):

Ingredients:

(Suitable for a large English mold (not disposable) or a round mold 26 cm in diameter)

- 4 eggs
- A quarter cup of olive oil
- Half a cup of natural organic maple syrup
- 3 bananas
- A quarter cup of vegetable milk (I chose coconut milk)
- Cup and a half almond flour (ground white almond)
- Half a cup of rice flour
- Baking powder – 2 teaspoons
- Banana for garnish + a tablespoon of maple sugar / cane sugar

Preparation:

1. Preheat oven to 180 degrees, turbo mode and line a pan with baking paper.
2. Blend the bananas, eggs, olive oil, milk, maple and grind well. You can also squeeze the bananas and mix everything well.
3. In a separate bowl, mix the almond flour, rice flour and the baking powder.
4. combine the dry mixture with the wet mixture and create a smooth and uniform mass.
5. Pour the batter into the baking pan. place the banana on top for decoration you can cut it using a knife along its length and arranged each half across the cake. Sprinkle sugar over the sliced banana and across the entire cake, using your fingers.
6. Place in the oven for 30-25 minutes or until a dry toothpick comes out from the cake.
7. Cool slightly, remove the pan and Enjoy!

**** You can change the rice flour with some more almond flour / finely ground corn flour / coconut flour / spelled flour (contains gluten).

Almond flour can be changed to coconut flour / spelled flour (contains gluten).

You can keep in an airtight box for 4-3 days.

You can use any type of milk you want.

Cinnamon lovers recommend adding half a teaspoon of cinnamon to the mixture.

Batel's – Orange lentils bread: (1 slice can be used as a carb portion)

Ingredients:

4 eggs size M or L (for even more swelling bread you can put 5 eggs in the bread)

Half a cup of vegetable milk (almond / rice / coconut…) can also be converted into water or cow's milk.

A quarter cup of coconut / olive oil - can be reduced to about 2 tablespoons, although I do not recommend that the moisture in the bread be different.

A Spoon maple syrup (optional)

A cup of lentil flour

2 teaspoon of baking powder (about 10 grams

Half a teaspoon of salt

Spices - only if you like it I sometimes make with and sometimes without :)

Half a teaspoon of dry oregano

Half a teaspoon of garlic powder

Extras: If you want you can add other extras, whatever you choose catches everything :)

3 tablespoons sesame seeds

3 tablespoons pumpkin seeds

3 tablespoons flaxseed

Preparation:

Preheat oven to 180 degrees turbo.

Line an English cake pan with baking paper. I recommend a large and narrow mold for high bread, the height of the bread will be affected by the size and depth of the mold you choose.

If you do not have an English cake pan you can bake the bread in a disposable pan just make sure you do not fill the batter more than 3/4 of the pan. If you have chosen a disposable mold, the batter is usually suitable for 2 molds, depending on their size.

Put all the bread ingredients except the toppings in the blender and mix well to a uniform batter. You can also mix with a rod blender / cake mixer / bowl and a whisk, just make sure to mix well so that no lumps of flour remain in the batter.

In a bowl, mix all the toppings together, take out 3 tablespoons of the toppings mixture and set aside. pour the batter we ground in a blender over the toppings and mix well, transfer all to a pan lined with baking paper and spread over the batter the 3 tablespoons of toppings set aside, spread evenly over the batter, it will give us a hint of what is hidden inside the juicy bread that would come out of the oven. Bake for 25-30 minutes until a toothpick comes out dry from the bread.

****** Once the bread is ready take it out of the oven and carefully remove it from the pan, remove the baking paper and put the bread on a wire rack in the oven for 3-5 minutes to create a crispy and delicious crust (** the bread comes out great and wonderful Even without the extra baking)

**********You can also mix the batter with a whisk and a bowl, this will require a little more work and a longer mixing time. It is important that the batter is well mixed and uniform without lumps, I in do recommend mixing in a blender or mixer or rod blender.

I recommend using an English cake pan made of iron / glass and not cardboard or aluminum, the bread needs support and goes well in the oven. I recommend a large and narrow mold for high bread, the height of the bread will be affected by the size and depth of the mold you choose. If you do not have an English cake pan you can bake the bread in a disposable pan just make sure you do not fill the batter more than 3/4 of the pan. If you have chosen a disposable mold, the batter is usually suitable for 2 molds.

I recommend grinding the wet ingredients with the lentil flour in a blender, the grinding will make the batter not lumpy because lentil flour has a tendency to turn into lumps in a wet batter (you can grind in a "smoothie" blender or a rod blender). If there is no blender, try to mix well with a whisk until the mass is uniform and smooth.

You can replace the toppings with any topping you want, flax, chia seeds, whole sesame seeds, white sesame seeds, sunflower seeds.

You can replace the maple syrup with honey / 2 tablespoons of water.

I recommend slicing the bread after it has cooled a bit.

Can be kept sliced in the refrigerator in an airtight container for 4-5 days.

Can be kept in the freezer pre-cut, note that baking paper must be placed between each slice so that the slices do not stick, put in an airtight container for two months in the freezer.

I recommend making a toast from the bread before eating, it is best to give it a heat stroke in a pan for 2 minutes on each side. (No need to grease the pan), you can also make it in the toaster.

Maple syrup is not a mandatory (for those who want to avoid sweeteners)