

## **Rosie's Vegan Banana Bread**

1-2 large bananas, 6-7 small

¼ cup olive oil

¼ cup almond milk

2 tsp vanilla

2 cups of oat, almond, quinoa flour blended (or gluten free flour of choice)

1 tsp cinnamon

1 tsp baking soda

½ tsp salt

¼ cup nut butter, optional

Also optional: add blueberries

350 degrees in oiled /floured bread pan for 45 min.

**Bananas are one of the BEST tummy helpers!** If you love bananas and have reflux, consider a few bites of banana before each meal and a couple hours before bed. It is a natural, soothing coat for the tummy that calms and heals. They are a soluble fiber that helps prevent/treat both diarrhea and constipation. However, some folks are allergic to bananas, so please be mindful!