

Banana Bread

Prep	Cook	Total
30 min	40 min	1 hr 10 min

Serving: 10

Adapted from Forks Over Knives The Cookbook

Ingredients

2 cups **whole-wheat pastry flour**

$\frac{3}{4}$ teaspoon **baking soda**

$\frac{3}{4}$ teaspoon **salt**

1 cup **mashed banana** (*approx. 2 bananas depending upon their size*)

$\frac{1}{2}$ cup **100% pure maple syrup**

$\frac{1}{2}$ cup **unsweetened applesauce**

$\frac{1}{4}$ cup **unsweetened plant-based milk**

2 teaspoons **pure vanilla extract**

$\frac{1}{2}$ cup **nuts** *optional*

$\frac{1}{2}$ cup **dairy free chocolate chips** *optional*

Directions

Preheat oven to 350 degrees F.

Locate an 8×4-inch loaf pan. I use a glass loaf pan and do not need any oil in the bottom. You can also try a non-stick or a silicone loaf pan.

Mix together the flour, baking soda, and salt.

In a separate mixing bowl (I use a 4 cup pyrex), combine the mashed banana (I use an immersion blender), maple syrup, applesauce, milk and vanilla.

Pour the wet ingredients into the center of the dry ingredients and mix until everything is just moistened.

Spoon the batter into the loaf pan. No need to spread the batter to the edges as it will spread while baking.

Bake for 40 minutes or until the edges of bread are golden brown and pulling away from the sides of the pan.

If you want to remove the bread from the baking dish, let it cool completely, then run a smooth instrument around the edges and invert. Otherwise, you can take single slices from the pan and just cover and put in the fridge.

