

VEGAN, GLUTEN FREE, YUMMY BANANA BREAD

Preheat oven to 325 degrees

Mix/blend/food process wet ingredients:

- 3 overripe bananas
- 1/2 cup oil - grapeseed, safflower, sunflower
- 1t. vanilla extract
- 1/4 cup soy, almond or other milk - unsweetened
- 1t. apple cider vinegar
- 1/4-1/2 cup sweetener - depends partially on how sweet the bananas are and how you like it. Also how sweet the sweetener is. If coconut sugar, I'd use 1/2 cup. Grade B maple syrup, closer to 1/4 cup - same with honey or agave. Or use a combo of a liquid and a dry sweetener. Experiment for your diet preference.

Mix dry ingredients together: (sweetener can be added in either category depending on whether you use syrup or dry.)

- 2c. almond meal (or gluten free flour- whatever you'd like)
- Add pecans, chocolate, raisins – (soak and dehydrate nuts first for extra crisp and nutrition) whatever else you want in it... or nothing
- 1t. cinnamon
- 1/2 t. salt
- 1/2 t. baking soda

Mix together. Pour into greased, dusted with flour 8x4 loaf pan.

Bake at 325 degrees for about 1 hour 30 minutes - until toothpick comes out clean.

You can substitute zucchini for bananas. My favorite way to eat this is to toast it in a fry pan with coconut oil and put a layer of nut butter on it! Great for breakfast or dessert.

TO MAKE THIS EVEN MORE SPECIAL:

Bake in a round pan (you'll need to adjust the cooking time and temp – it may bake faster).

Add a layer of cashew cream and a layer of sliced strawberries. Or, a raw raspberry syrup.

Cashew Kream (really simple)

2 cups cashews

1 cup water

Soak for a few hours if possible. If not, just go ahead and blend or food process until smooth. If you want it thinner, add water.

Raw Raspberry sauce: (you'll never cook one with sugar again)

2 cups of fresh or frozen raspberries

½ cup pitted dates

Process in food processor (not blender) until mixed well.