

Best Banana Bread

Source: Recipe by Dustin Harder @theveganroadie

About the Recipe

283 Calories · 3 g Protein · 3 g Fiber

Breakfast

Ingredients

Makes 12 Servings

- 2 tablespoons (14 g) flax meal
- 1/4 cup (59 mL) water
- 4 cups (600 g) gluten-free all-purpose baking flour
- 1 cup (160 g) light-brown sugar, lightly packed
- 2 teaspoons (9 g) baking soda
- 1 teaspoon sea salt
- 3/4 cup (185 g) unsweetened applesauce
- 1/4 cup (60 mL) canola oil (see below for oil-free option)
- 1 tablespoon (15 mL) alcohol-free vanilla
- 1 1/2 cups (390 g) mashed banana (roughly 3 bananas)

Directions

1. Preheat the oven to 350 F and line a standard-size loaf pan (9 inches by 5 inches) with parchment paper. Place the parchment paper so that it is overlapping the long edges of the pan by 3 inches or so.
2. Add the flax meal and water to a small bowl, whisk to combine, and set aside for 5 minutes to thicken.
3. Add the flour, sugar, salt, and baking soda to a bowl and whisk to combine. Add the applesauce, oil, vanilla, bananas, and flax mixture to the bowl. Mix to combine everything into a thick cake batter consistency.

4. Transfer batter to the prepared loaf pan and bake for 50-55 minutes until a toothpick inserted in the middle comes out dry and the top has cracked and browned slightly.
5. Let cool for at least 30 minutes. Use the overlapping parchment to lift the loaf out of the pan onto a cutting board. Slice and serve. OIL FREE: Omit the oil and add an additional $\frac{1}{4}$ cup unsweetened applesauce in its place.

Nutrition Facts

Per Serving:

Calories: 283

Total Fat: 6 g

Saturated Fat: 1 g

Calories From Fat: 19%

Cholesterol: 0 mg

Protein: 3 g

Carbohydrate: 57 g

Sugar: 20 g

Fiber: 3 g

Sodium: 413 mg

Calcium: 21 mg

Iron: 1 mg

Vitamin C: 3 mg

Beta-Carotene: 10 mcg

Vitamin E: 0 mg