

Healthy Banana Bread

By: The Jaroudi Family

Makes 1 Loaf

Ingredients:

1 cup whole wheat flour (or all-purpose gluten-free flour) [130 g]
1 cups oat flour [90 g]
2 tsp baking soda
2 tsp baking powder
1 Tbsp Ceylon cinnamon
2 flax eggs (2 Tbsp flax meal mixed with 6 Tbsp water)
2/3 cup date sugar (or ½ cup date paste)
3 large bananas, mashed (408 g)
1 cup plant milk, unsweetened
1/2 tsp vanilla powder

Optional:

1/2 cup of dark chocolate chips

Directions:

1. Preheat the oven to 350 F.
2. In a large mixing bowl, add the dry ingredients first.
3. Stir in the wet ingredients well until a batter forms.
4. Optional: Fold in the dark chocolate chips.
5. Add the batter to a silicone loaf pan.
6. Bake for 35-45 minutes.
7. Let the pan cool before removing the loaf.

Notes:

This recipe can be used to make muffins or a Bundt cake.