

Banana Bread



It is cooling down and I am back to doing some baking. As usual, my go to are my stores of frozen bananas (or zucchini).

This bread is moist and can handle extra bananas if you have them. Keep an eye on it as it can get dry if overcooked – if you use extra bananas and add ins you may need the full time (or more). It can be made vegan by substituting the eggs with chia seeds and water (1 T chia seeds to 3 T of water = one egg). Mix the chia seeds and water and let stand 5-10 minutes before using.

INGREDIENTS

- 1/3 cup melted coconut
 - 1/2 cup pure maple syrup (or a little less)
 - 2 eggs
 - 2-3 bananas mashed ripe – I keep in freezer and then defrost in microwave-they come out perfect!
 - 1/4 cup oatmilk (or milk of your choice)
 - 1 teaspoon baking soda
 - 1 teaspoon vanilla extract
 - 1/2 teaspoon salt
 - 3/4 teaspoon ground cinnamon, plus more to swirl on top
 - 1 3/4 cups white whole wheat flour
 - Optional: 1/2 cup chopped nuts, raisins, etc.
1. Preheat oven to 325 degrees F and grease a 9×5-inch loaf pan.
 2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk.
 3. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Using a big spoon, stir in the flour, just until combined. There will be some lumps, if adding nuts, raisins etc. add here.
 4. Pour the batter into greased loaf pan and sprinkle lightly with cinnamon.
 5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out. Let the bread cool in the loaf pan for 10 minutes. Remove from pan and cool on wire rack before slicing.