

Friday, January 27, 2017

Banana Bread Recipe

Time 1:08

Preparation 8 minutes. Baking 50 minutes.
Cooling 10 minutes.

Ingredients:

1 cup of smashed banana
2T chia seeds
1/3 cup almond-coconut creamer (or non-dairy milk)
1T coconut oil (melted)
2T maple syrup
2t vanilla extract
1/4 c sugar
1/2 c rolled oats
1t baking soda
1/2 t baking powder
1/2 t kosher salt
1 1/2 c whole wheat flour
Optional: pecans on top, 1/4 cup

Use a spoon and 1/4 measuring cup to scoop and transfer mix to the parchment paper covered bread baking dish. Spread it out nicely.

Bake for 50 minutes. Remove and lightly press the middle of bread (it should push back up - if so, you are done. If not, put it in for another 5 minutes). I love my breads crusty.

Remove from dish and place on rack to cool down, 10 minutes at least.
Cut and serve immediately!

Directions:

Lay all of your ingredients out first.

Preheat oven to 350 degrees.

Line bread baking dish with parchment paper.

Stir chia and non-dairy milk (I used a coconut/almond milk cream I had in my fridge). Set aside.

Combine banana, chia milk blend, maple syrup, vanilla extract and coconut oil well. Really stir it up.

Add in and stir well between each ingredient: sugar, oats, baking soda, baking powder, salt. Mix it up well.

Sprinkle in flour folding and mixing.

It will be a big sticky blob - which is what you want.

Recipe successfully tried and tested by Sarita Shoemaker