
Healthy Banana Bread Recipe with Variations

Cook Time: 50 min

prep Time: 10 min

total Time: 60 min

servings: 8

Ingredients:

1/2 cup (120ml) oat milk (or any plant-based milk)
1/2 teaspoon lemon juice
1 cup (120g) whole-wheat flour
1/3 cup (40g) almond flour
1/2 teaspoon cinnamon
1/2 teaspoon cardamom (or more cinnamon)
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup (120ml) melted coconut oil
1/2 cup (95g) coconut sugar
1/4 cup (60ml) honey
2 eggs
1 teaspoon vanilla extract
3 very ripe bananas, mashed (about 270g)

Instructions:

1. Pre-heat the oven to 350F or 160C. Grease a 9 x 5inch loaf pan, and line with parchment paper. Place it on a baking sheet and set aside.
2. Measure the oat milk and add the lemon juice. Stir and set aside to curdle (it doesn't have to).
3. In a large bowl, Stir together the flours, cinnamon, cardamom, baking soda and salt.
4. In a medium bowl add the coconut oil with the sugar and honey and whisk to combine. Then add in the eggs one at a time whisking just until incorporated and finally add the vanilla and stir to combine.
5. Add the wet mixture to the dry and fold in until almost no flour is visible, then add in the mashed banana and milk, folding until incorporated but don't overtax. overmix?
6. If you would like to add in any chopped nuts or chocolate chips add them in the last few strokes.
7. Pour the batter into the prepared loaf pan and bake for about 60 minutes until the crust has browned and toothpick served into the center comes out clean.
8. Place the pan on a wire rack and let cool for 30 minutes. Then remove the cake from the pan and let cool completely on the rack.
9. The banana bread will keep in the fridge in an airtight container for 1 week, and in the freezer for months. If you would like to freeze, slice before.

Notes:

If you plan to make the variations, I recommend you make the banana bread without any additions.