

# Banana Bread | No Oil

*Swick*

Makes 1 loafs | Active Time: 20 minutes | Total Time: 1 hour 20 minutes

## Step 1: Prepare Your Mise en Place

- 3 ripe medium sized bananas (mashed)
  - 1/4 cup unsweetened applesauce
  - 1/4 cup maple or date syrup
  - 1 teaspoon pure vanilla extract
  - 1 tablespoon of lemon juice
  - 1 tablespoon of ground flaxseed meal + 3 tablespoons of water (this is your flax egg)
  - 1 3/4 cups oat flour, sifted
  - 1 teaspoon baking soda
  - 1/2 teaspoon baking powder
  - 1 teaspoon cinnamon
  - 1/4 cup plant-based milk
  - Optional add-ins: chopped pecans, vegan dark chocolate chips, dried fruit, nuts, etc.
- Preheat oven to 350°F (175°C).
- Lightly grease or line a 9×5-inch loaf pan with parchment paper.
- Tip: To make the parchment paper more cooperative and easier to work with, crumple the sheet of parchment into a ball. Then, open it up and line your pan.
- If you are going to make muffins or cupcakes, you will need to use parchment paper muffin tin liners. Because there is no oil in the recipe, the muffins will stick to the conventional liners, and pull away with difficulty.

## Step 2: Mix the Batter and Bake

In a large bowl, mash the bananas until smooth and creamy.

Add applesauce, maple syrup, lemon juice, plant milk, flaxseed-water mixture, and vanilla. Mix well.

In another bowl, whisk together flour, baking soda, baking powder, and cinnamon.

Combine wet and dry ingredients. Stir by hand just until combined. Do not over mix, as the batter will become paste-like.

If the batter is very thick, add a splash of plant-based milk or water.

Add any other ingredients like vegan chips, raisins, nuts, etc., if desired.

Pour batter into a parchment lined 9 × 2.75 inches loaf pan. Use an offset spatula to smooth out the top of the batter.

Place in a pre-heated oven, and the loaf pan on the center rack. Bake for 45–50 minutes, or until a bamboo toothpick inserted in the center comes out clean.

Let cool in the pan for 10–15 minutes, then transfer to a wire rack. Allow to cool. Slice and serve.

Tip: If you are using an oven-proof glass loaf pan, glass takes longer to achieve its baking temperature. It is recommended to reduce the oven temperature by 25 degrees F (about 15 degrees C). Start checking for doneness about 10 minutes before the projected finishing time.