

The Vegan Vamp

HEALTHY BANANA BREAD

A tasty bread chocked full of banana-y goodness with no nasties. Serve warm with lashings of plant-based butter.



WHAT YOU NEED:

- 2 Tbs freshly ground flaxseeds
- 6 Tbs water
- 1/3 cup melted coconut oil, plus more to grease
- 1/2 cup agave syrup
- 2 1/2 ripe bananas, mashed
- 1/4 cup soy milk
- 1 tsp bi-carb soda
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1 3/4 cup whole-wheat flour

HOW YOU DO IT:

1. Preheat oven to 170°C. Grease a loaf pan with coconut oil.
2. Whisk together freshly ground flaxseeds and water, put in the fridge for 15 minutes to set.
3. Whisk together coconut oil and agave syrup, add the flaxseed mixture and beat well. Add bananas and soy milk and whisk to combine.
4. Add bi-carb soda, vanilla extract, salt and cinnamon and beat to combine. Using a big, flat spoon, stir in flour until just combined.
5. Pour into prepared loaf pan and bake for 45 minutes, until a toothpick inserted into the center comes out clean.

6. Serve warm or toasted, with plant-based butter or on its own!

NUTRITION FACTS

Serving Size	1 Slice
Servings Per Recipe	10
Amount Per Serving	
Calories	212
% Daily Value*	
Total Fat	8g 13%
Saturated Fat	6g 32%
Monounsaturated Fat	1g
Polyunsaturated Fat	1g
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	145mg 6%
Potassium	116mg 3%
Total Carbohydrates	28g 9%
Dietary Fiber	4g 15%
Sugars	9g
Protein	4g 7%
Vitamin A	7%
Vitamin C	7%
Calcium	4%
Iron	3%
<small>* The Percent Daily Values are based on a 2,000 calories diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate as the recipes here have not been professionally evaluated.</small>	