



Banana Bread

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS: 12
 PREPARATION: 15 MINUTES
 REST : 15 MINUTES
 COOKING: 50 MINUTES

INGREDIENTS

- 80 g (1/3 cup) honey
- 65 g (1/3 cup) light olive oil
- 65 g (1/4 cup) plant-based milk substitute 15 ml (1 tbsp) [chia](#)
- 5 ml (1 tsp) vanilla extract
- 420 g (1 1/2 cups) ripe bananas, crushed
- 210 g (1 1/2 cups) all-purpose flour [La Merveilleuse](#)
- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) baking soda
- 2.5 ml (1/2 tsp) nutmeg
- 1 ml (1/4 tsp) salt

PREPARATION

1. In a bowl, combine honey, oil, plant-based milk substitute, vanilla and chia. Let rest for about 15 minutes.
2. Preheat the oven to 180 °C (350 °F).
3. Combine flour, baking powder, baking soda, nutmeg and salt. Set aside.
4. After the 15 minutes of rest, add the bananas to the chia mixture. Beat with an electric mixer for about a minute.
5. Stir the dry mixture into the liquids and beat, still using an electric mixer, until the batter begins to thicken (about an extra minute).
6. Pour the batter into a 9 x 5-inch (23 cm x 13 cm) loaf pan, oiled and covered with parchment paper at the bottom.
7. Bake on the centre rack for about 50 minutes or until a toothpick inserted in the middle comes out clean.



bananas! Moreover, the riper they are, the more the sweet taste of the bananas will come through.

VARIATION

* You can add 125 ml (1/2 cup) of one of the following ingredients: chocolate chips, nuts or seeds of your choice.

NUTRITION FACTS

Per portion	170 Calories
Fat: 7 g	11 %
Saturated 1 g	
Trans 0,1 g	6 %
Polyunsaturated: 1 g	
Omega-6: 0,6 g	
Omega-3: 0,4 g	
Monounsaturated: 4 g	
Cholesterol: 0 mg	
Sodium: 150 mg	6 %
Carbohydrate: 28 g	9 %
Fibres: 2 g	8 %
Sugars: 10 g	
Protéines: 2 g	
Vitamin A	2 %
Vitamin C	6 %
Calcium	4 %
Iron	4 %
Manganese	30 %
Phosphorus	10 %
Potassium	10 %