Banana Bread

Source: The Vegan Starter Kit by Neal Barnard, M.D.; recipe by Christine Waltermyer

This delicious and simple banana bread recipe tastes great as a snack or part of a filling breakfast!

About the Recipe

166 Calories · 3 g Protein · 2 g Fiber
Snack
Nut-free

Ingredients

Makes 12 Servings

- 1 1/2 c (4 large) bananas
- 1 c (202 g) sugar
- 1/4 c (60 mL) nondairy milk
- 1 tsp (5 mL) vanilla extract
- 1 tsp (5 mL) lemon juice or apple cider vinegar
- 1 c (125 g) unbleached white flour
- 1 c (120 g) whole wheat or spelt flour
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2.5 mL) baking powder
- 1/2 tsp (2.5 mL) iodized salt
- 1 tsp (5 mL) cinnamon
- 1/8 tsp (0.6 mL) nutmeg

Directions

1. Preheat the oven to 350 F (177 C).

2. In a large bowl, mix together the mashed bananas, sugar, nondairy milk, vanilla, and lemon juice.
3. In a separate bowl, combine the flours, baking soda, baking powder, sea salt, cinnamon, and nutmeg.
4. Add the wet ingredients to the dry and mix together, but don't overmix.
5. Transfer to a 9-by-5-by-3-inch (23-by-13-by-80-cm) loaf pan that has been lightly sprayed with nonstick spray.
6. Bake for 1 hour (depending on your oven, it could take 10 minutes extra to feel springy on the top).
7. Remove from the oven and let the banana bread cool for 10 minutes. Carefully invert and remove the bread. Let it cool completely before slicing.

Nutrition Facts

Per serving (1/12 of recipe)
Calories: 181 kcal
Fat: 1 g
    Saturated Fat: 0 g
    Calories From Fat: 3%
Cholesterol: 0 mg
Protein: 3 g
Carbohydrates: 40 g
Sugar: 22 g
Fiber: 3 g
Sodium: 227 mg
Calcium: 27 mg
Iron: 1 mg
Vitamin C: 4 mg
Beta-Carotene: 18 mcg
Vitamin E: 0.2 mg