Chocolate Lovers' Banana Bread

Source: The Cheese Trap by Neal Barnard, MD; recipe by Dreena Burton

Indulge your sweet tooth with this healthy chocolate banana bread recipe!

About the Recipe

174 Calories · 5 g Protein · 5 g Fiber
Snack · Dessert
Nut-free

Ingredients

Makes 10 Servings

- 2 c (240 g) whole-grain spelt flour
- 1/3 c (48 g) coconut sugar
- 1 tbsp (15 mL) ground chia seeds
- 1/4 tsp (1.2 mL) iodized salt
- 1/3 c unsweetened (29 g) cocoa powder
- 1 1/2 tsp (7.5 mL) baking powder
- 1/2 tsp (2.5 mL) baking soda
- 3 overripe bananas, pureed
- 3/4 c (180 mL) low-fat plant milk of choice
- 1/3 c (80 mL) pure maple syrup
- 2 tsp (30 mL) pure vanilla extract
- 3 tbsp (32 g) nondairy chocolate chips **optional*

Directions

1. Preheat the oven to 350 F (177 C). Wipe the inside of a glass loaf pan with a touch of oil on a paper towel (or use a silicone loaf pan). Use a piece of parchment paper to line the bottom and sides of the pan (makes for easy

removal of the bread).
2. In a large bowl, combine the flour, sugar, ground chia, and salt.
3. Sift in the cocoa, baking powder, and baking soda. Mix until well combined.
4. In another bowl, combine the pureed bananas, milk, maple syrup, vanilla, and chocolate chips (if using). Add the wet mixture to the dry mixture and mix until just well combined.
5. Pour the batter into the prepared pan. Bake for 43 to 47 minutes, until the bread springs back to the touch.
6. Transfer the pan to a cooling rack and let the bread cool completely in the pan. Lift the bread out (using the ends of the parchment) and slice.

Nutrition Facts

Per serving (1 slice)

Calories: 190 kcal
Fat: 2 g
    Saturated Fat: 0.5 g
    Calories From Fat: 7 %
Cholesterol: 0 mg
Protein: 5 g
Carbohydrates: 38 g
Sugar: 19 g
Fiber: 5 g
Sodium: 208 mg
Calcium: 93 mg
Iron: 2 mg
Vitamin C: 3 mg
Beta-Carotene: 15 mcg
Vitamin E: 0.3 mg