

BETTER THAN MOM'S BANANA BREAD

FROM FORKS OVER KNIVES COOKBOOK

Makes one 8×4-Inch Loaf

Ingredients:

2 cups whole-wheat pastry flour
3/4 teaspoon baking soda
3/4 teaspoon salt
1 cup mashed banana (the more ripe the better)
1/2 cup 100% pure maple syrup
1/2 cup unsweetened applesauce
1/4 cup unsweetened plant-based milk
1 1/2 teaspoons pure vanilla extract

***Note:** You may add 1 cup chopped walnuts, 1 cup chocolate chips, etc

Directions:

Preheat oven to 350 degrees. Have an 8×4-inch loaf non-stick or silicone baking pan nearby (I use a glass loaf pan and it works just fine)

In a large mixing bowl sift together the flour, baking soda, and salt.

In a separate mixing bowl, combine the mashed banana, maple syrup, applesauce, milk and vanilla.

Make a well in the center of the dry ingredients and pour the wet ingredients, mixing just until everything is evenly moistened.

Spoon the batter into the 8x4 loaf pan. Distribute the batter evenly along the length of the pan but don't spread the batter to the edges; the batter will spread as it bakes.

Bake for 55 to 60 minutes. It's hard to test for doneness with a knife because the banana tends to stay moist, so judge by the edges of bread. They should be golden brown and pulling away from the sides of the pan.

Let the bread cool about 20 minutes, then run a knife around the edges and carefully invert the loaf onto a cooling rack. Be sure it is fully cooled before slicing.

