



Chocolate Chip Vegan Banana Bread



Dairy Free



Popular

READY IN



75 min.

SERVINGS



8

CALORIES



329 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup sugar
- ☐ 0.5 cup dairy-free buttery spread
- ☐ 2 bananas very ripe mashed
- ☐ 0.5 cup vanilla dairy-free milk beverage unsweetened
- ☐ 3 teaspoon applesauce mixed with 4 tablespoons warm water
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 teaspoon coconut extract
- ☐ 1 cup pastry flour whole wheat

- ☐ 1 cup unbleached flour white
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.3 to dark

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ loaf pan

Directions

- ☐ Preheat your oven to 350°F and grease a an 8x4-inch or 9x5-inch loaf pan.
- ☐ In a large bowl cream the sugar and buttery spread with a mixer.
- ☐ Add the mashed bananas, and mix again, just enough to incorporate them together.
- ☐ Add the milk beverage, egg replacer mixture, vanilla extract, and coconut extract and mix to combine.
- ☐ In a separate bowl whisk together the flours, baking powder, baking soda, and salt.
- ☐ Add the dry ingredients to the wet ingredients in your mixing bowl and stir until just combined. Do not over mix. Fold in the chocolate chips.
- ☐ Pour the batter into the greased loaf pan and level it out.
- ☐ Bake for 60 to 75 minutes, or until the top is golden brown. The banana bread will get dark on top but will stay moist inside.
- ☐ Let the bread cool for 30 minutes, then cut, and serve.

Nutrition Facts



 PROTEIN **6.22%**  FAT **27.85%**  CARBS **65.93%**

Properties

Glycemic Index:30.9, Glycemic Load:10.88, Inflammation Score:-5, Nutrition Score:9.4100001117458%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 329.48kcal (16.47%), Fat: 10.29g (15.83%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 54.81g (18.27%), Net Carbohydrates: 52g (18.91%), Sugar: 29.21g (32.45%), Cholesterol: 5.58mg (1.86%), Sodium: 443.3mg (19.27%), Alcohol: 0.28g (100%), Alcohol %: 0.3% (100%), Protein: 5.17g (10.34%), Manganese: 0.83mg (41.4%), Selenium: 17.35µg (24.79%), Vitamin E: 3.31mg (22.1%), Vitamin A: 629.94IU (12.6%), Fiber: 2.81g (11.24%), Vitamin B6: 0.21mg (10.55%), Phosphorus: 91.68mg (9.17%), Magnesium: 33.79mg (8.45%), Vitamin B3: 1.59mg (7.95%), Vitamin K: 8.32µg (7.93%), Vitamin B1: 0.11mg (7.23%), Copper: 0.14mg (6.81%), Calcium: 65.35mg (6.53%), Potassium: 216.27mg (6.18%), Vitamin B2: 0.1mg (6.06%), Folate: 23.59µg (5.9%), Iron: 1.01mg (5.62%), Vitamin C: 3.64mg (4.41%), Zinc: 0.63mg (4.19%), Vitamin B12: 0.19µg (3.23%), Vitamin B5: 0.29mg (2.91%), Vitamin D: 0.18µg (1.18%)