



Easy Vegan Banana Bread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 9 oz all purpose flour
- ☐ 1 teaspoon apple cider vinegar
- ☐ 0.5 teaspoon baking soda
- ☐ 3 bananas ripe
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 cup granulated sugar organic
- ☐ 0.3 teaspoon salt plus a little pinch

- ☐ 0.3 cup soy milk
- ☐ 1.5 teaspoons vanilla
- ☐ 0.5 cup vegetable oil

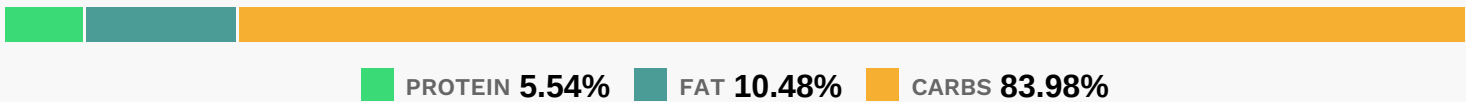
Equipment

- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 F. Rub a loaf pan with oil and line with a rectangle of parchment.
- ☐ Mix together the soy milk and vinegar; set aside for about 2 minutes.Stir together flour, baking soda, salt and cinnamon.Beat together the oil, brown sugar and granulated sugar, then beat in the bananas – you can mash them ahead of time or let the paddle attachment of the stand mixer do the work for you. I just chunked the bananas in with the oil & sugar and beat them that way. Continue beating on high until very light. Reduce speed to low and add milk/vinegar mixture. By hand, stir the flour mixture into the banana mixture, being careful not to overbeat. I like stirring flour mixture in with a heavy duty scraper.
- ☐ Sprinkle some nuts on top if using.
- ☐ Bake for 1 hour or until a toothpick inserted in center comes out clean.
- ☐ Let cool on a rack for about 15 minutes then flip from pan. Makes 1 awesome loaf.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:25.05, Inflammation Score:-3, Nutrition Score:5.8730434710565%

Flavonoids

Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 228.69kcal (11.43%), Fat: 2.7g (4.15%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 48.66g (16.22%), Net Carbohydrates: 46.97g (17.08%), Sugar: 25.27g (28.07%), Cholesterol: 0mg (0%), Sodium: 119.94mg (5.21%), Alcohol: 0.21g (100%), Alcohol %: 0.26% (100%), Protein: 3.21g (6.43%), Manganese: 0.3mg (14.86%), Vitamin B1: 0.22mg (14.33%), Folate: 55.78µg (13.94%), Selenium: 9.34µg (13.34%), Vitamin B2: 0.17mg (9.77%), Vitamin B3: 1.95mg (9.76%), Vitamin B6: 0.16mg (7.99%), Iron: 1.4mg (7.77%), Fiber: 1.69g (6.74%), Potassium: 178.88mg (5.11%), Vitamin C: 3.51mg (4.25%), Vitamin K: 4.29µg (4.09%), Magnesium: 16.32mg (4.08%), Copper: 0.08mg (3.92%), Phosphorus: 35.92mg (3.59%), Vitamin E: 0.38mg (2.53%), Vitamin B5: 0.25mg (2.45%), Calcium: 24.23mg (2.42%), Zinc: 0.25mg (1.69%), Vitamin B12: 0.06µg (1.06%)