



Vegan Peanut Butter Banana Bread

 Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup vanilla almond milk
- ☐ 1 teaspoon apple cider vinegar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup bananas mashed (2 medium size)
- ☐ 0.8 cup brown sugar light
- ☐ 0.3 cup peanut butter
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup vegan chocolate chips
- ☐ 2 tablespoons water
- ☐ 1 cup pastry flour whole wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Line a 8×4 inch loaf pan with parchment paper and set aside. In a small bowl stir together the almond milk and vinegar; set aside. The mixture will curdle in about 5 minutes. In a large bowl combine together the flour, sugar, baking powder, baking soda and salt. In another bowl mix together the mashed bananas, peanut butter, curdled milk mixture and vanilla.
- ☐ Pour the wet ingredients over the flour mixture and combine together.
- ☐ Add water as needed to get the right batter consistency. I added about 2 tablespoons of water because the batter was a bit thick. Stir in the chocolate chips. I used coarsely chopped vegan chocolate chunks.
- ☐ Pour the batter into the prepared pan and bake for about 45–50 minutes or until a toothpick inserted in the middle of the bread comes out clean. Mine was done in 45 minutes.
- ☐ Remove the pan from the oven and place it on a wire rack and let cool for 15 minutes before taking out the bread from the pan. Cool the bread on the wire rack for at least 5–6 hours before slicing. Quick breads and especially banana breads taste and slice better if left undisturbed for 24 hours.

Nutrition Facts



 **PROTEIN 7.17%**  **FAT 32.09%**  **CARBS 60.74%**

Properties

Glycemic Index:16.73, Glycemic Load:2.34, Inflammation Score:-2, Nutrition Score:5.5347825768201%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 204.99kcal (10.25%), Fat: 7.87g (12.11%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 33.53g (11.18%), Net Carbohydrates: 30.85g (11.22%), Sugar: 21.75g (24.17%), Cholesterol: 0mg (0%), Sodium: 200.88mg (8.73%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 3.96g (7.92%), Manganese: 0.57mg (28.66%), Fiber: 2.69g (10.75%), Selenium: 6.83µg (9.75%), Iron: 1.48mg (8.22%), Magnesium: 32.29mg (8.07%), Vitamin B3: 1.59mg (7.95%), Vitamin B6: 0.15mg (7.35%), Phosphorus: 72.03mg (7.2%), Calcium: 66.14mg (6.61%), Vitamin E: 0.74mg (4.95%), Potassium: 163.01mg (4.66%), Copper: 0.09mg (4.65%), Vitamin B1: 0.07mg (4.4%), Folate: 14.45µg (3.61%), Zinc: 0.48mg (3.17%), Vitamin B2: 0.04mg (2.6%), Vitamin B5: 0.22mg (2.17%), Vitamin C: 1.63mg (1.98%)