

BANANA BREAD

BY DENIS VIEIRA

Ingredients

loaf:

2 ripe bananas
120 ml maple syrup
4 tbsp of coconut oil or vegan butter
4 tbsp of plant-based milk
1 tbsp of apple cider vinegar
70 g fine oats (*see recipe notes)
170 g whole-grain flour (*see recipe notes)
2 tbsp of walnuts (*see recipe notes)
2 tbsp of cashew nuts (*see recipe notes)
1½ tsp baking powder
½ tsp cinnamon
1 pinch of salt
25 g chocolate chips (optional)

topping:

1 banana
maple syrup (to drizzle)
chocolate chips (optional)

further ingredients:

coconut oil to grease the loaf pan

Preparation

1. Preheat the oven to 180°C. Grease a 20 cm loaf pan with oil and set aside.
2. Mash the bananas in a large bowl until smooth and mix with all other wet ingredients (plant-based milk, melted coconut oil, maple syrup, apple cider vinegar).
3. Then crush the walnuts and cashew nuts and mix with the other dry ingredients (oats, whole-grain flour, baking powder, cinnamon, salt) in the wet mixture until well combined.
4. Stir in the chocolate chips.
5. Fill the dough into the loaf pan and spread out evenly.
6. Halve the banana, place it on the dough, lightly press and drizzle with some maple syrup.
7. Bake the bread uncovered for 30 minutes. Then reduce the heat to 150°C and bake for another 20 minutes. (If it gets too dark, you can cover with baking paper or tin foil).
8. Allow to cool for approx. 30 minutes and then carefully remove from the loaf pan.
9. Once the bread has cooled, you can garnish it with more chocolate chips if you like.
10. The bread will keep wrapped in the fridge refrigerated for about 3-4 days, or it can be frozen for 4-6 weeks.