

# the best vegan banana bread

Once I discovered our first born little man had many allergies and I had to eliminate many foods from my diet while breastfeeding.

My favourite baked goods had to be made dairy, soy & egg free and thus this delicious banana bread, that I still make monthly 7 years on, was born!

## Ingredients

- 1 3/4 cups Self-raising Flour
- 1/4 cup Plain Flour
- 1 tsp Ground Cinnamon
- 2/3 cup Brown Sugar (firmly packed)
- 2 overripe medium Bananas (mashed)
- 1/2 cup Apple Sauce (if not vegan, 2 eggs)
- 1/2 cup Almond Milk (or milk of your choice)
- 50g Nuttelex (or butter of choice), melted



## Directions

- Preheat oven to 180 degrees celcius (160 degree for fan forced).
  - Grease a loaf pan (approx 20x10cm) with a little nuttelex and add baking paper to over hang 2 of the sides. This will make it easy to lift the banana bread out once cooked.
  - Sift flours and cinnamon into a large mixing bowl and add the sugar.
  - In a separate bowl, combine mashed bananas, apple sauce, milk and melted nuttelex.
  - Create a well in the dry ingredients and add the wet ingredients.
  - Stir the mixture until just combine then spoon into your prepared loaf tin.
  - Smooth out the mixture and now is the time to add toppings if you like (ie. chopped walnuts, banana sliced length ways or even rolled oats)
- Bake in oven for 45mins or until a skewer inserted comes out clean  
Remove from oven and leave to cool in the tin for 5 minutes before lifting out and placing on a wire rack. ENJOY!

