

PB BANANA BREAD



SERVES: 10
PREP TIME: 10 MINUTES
COOK TIME: 40-50 MINUTES
TOTAL TIME: 50-60 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

Dry:

- 1 cup whole wheat pastry flour
- 3/4 cup unbleached, all purpose flour
- 2 1/4 tsp baking powder
- 1/4 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp salt
- 2-3 TBSP date sugar

Wet:

- 3 ripe bananas, medium size, mashed
- 1/2 cup unsweetened, non-dairy milk (flax, almond, soy, or coconut)
- 1 TBSP black strap molasses
- 4 TBSP natural peanut butter (low or no sodium)
- 1/2 tsp pure vanilla extract

Fold ins/toppings:

- 1/2 cup vegan dark chocolate chips
- 1/2 cup chopped raw walnuts

METHOD

Preheat oven to 350 degrees F. Line a loaf pan with parchment paper. Gather ingredients along with 1 large bowl and 1 medium bowl for ingredients.

In medium bowl, sift in flours, baking powder, baking soda, cinnamon, salt, and sugar. Mix with a fork to combine and ensure there are no clumps. In a large bowl, add wet ingredients: bananas, non-dairy milk, molasses, peanut butter, and vanilla. If peanut butter appears hard or clumpy, microwave in 10 second increments to soften. Blend wet ingredients well with hand mixer or whisk.

Slowly add the dry ingredients into the wet, mixing gently until just combined! A few small clumps are ok. Fold in chocolate chips and walnuts, reserving some for topping if desired. Gently add dough to the prepared loaf pan, using a silicone spoon to smooth. If you reserved chocolate chips and/or walnuts, gently press into the top.

Place pan in 350-degree oven, uncovered, for 40-50 minutes.

When a toothpick comes out clean, the bread is done. Allow to cool slightly in pan, then move to cooling rack. Parchment paper will make removal easy! Top with coconut butter or additional peanut butter! Enjoy!

NUTRITION:

Serving Size: ~ 1 thick slice Total Calories: 274 Total Fat: 11 g

Sodium: 111 mg Potassium: 267 mg Carbohydrate: 40 g

Fiber: 6 g Sugar: 15 g Protein: 7 g