

Vegan Banana Bread

Adapted from Recipe On: Hellyeahitsvegan.com

Ingredients:

- 1/4 cup unsweetened plant milk
- ½ tsp apple cider vinegar
- ¼ cup coconut oil
- ¼ cup applesauce
- ½ cup light brown sugar
- 3 ripe mashed bananas
- 1 TBSP vanilla
- 1 cup white flour
- 1 cup wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp cinnamon (nutmeg, pumpkin pie spice)
- ¼ tsp salt
- Raisins or chopped walnuts (optional)

Directions:

1. Preheat oven to 350 degrees.
2. Grease and flour a 8x8 pan or use muffin liners
3. Stir together milk and vinegar and set aside.
4. In a large bowl, mix oil, applesauce, bananas, vanilla. Add milk.
5. Stir in baking powder, baking soda, salt, and cinnamon.
6. Add in flour a little at a time. Stirring until combined.
7. Fold in walnuts or raisins. (Half of us like walnuts and the other half raisins, so I pour 2/3 of the batter into the pan. Then do a layer of nuts or raisins on each half of the pan. Use the remaining batter to make cover the top. Spread gently to cover nuts and raisins.
8. Bake 30-40 minutes, rotating every 7-10 minutes. Baking until top is golden brown.
9. Cool 10 minutes. Slide a knife around the edge. Flip loaf out to cool fully.
10. Great for packed lunches or long hikes!