

RECIPE

Banana Walnut Bread



This Banana Walnut Bread is warm, light and sweet. This recipe includes three vegan egg substitutes options. The flaxseed egg works the best, but give the other egg alternatives a try depending on what you have available.

Ready in **40 minutes**

Serves **8 people**

Ingredients

- 1 tablespoon flax seeds
- 2.5 tablespoons water
- 3 very ripe bananas, peels should be spotty and brown
- ⅓ cup melted vegan butter
- 1 teaspoon baking soda
- ⅔ cup cane sugar or brown sugar
- 1 ½ cup all-purpose flour
- ½ cup chopped walnuts
- 1 tsp vanilla extract
- ½ teaspoon cinnamon powder
- A dash each of ground nutmeg and ground cloves
- Additional melted butter or grapeseed oil for coating bread pan

Preparation

Preheat the oven to 350 degrees. In a large bowl, mix flax seeds and water together and allow to set for a few minutes until the mixture becomes a thick paste. Add bananas to a bowl and mash with a fork. Add melted butter, sugar, and remaining ingredients and mix until well combined. Next add flour, baking soda, spices, and chopped walnuts and mix until well incorporated into batter. Coat a loaf pan with melted butter or oil and pour batter into the pan. Bake for 25-30 minutes or until golden brown. Remove from the oven and allow to cool for at least 10 minutes before slicing. Enjoy!



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Tips

Other egg alternatives for this recipe:

- ½ mashed banana
- ¼ cup apple sauce



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