

Banana Bread

Plantrician approved recipe by Andréa Dunnam



This Banana Bread is a nutrient-packed way to nourish your body while satisfying your sweet tooth. This recipe skips the refined sugar and oil found in many traditional banana breads. The use of whole wheat flour and ground flaxseed adds a boost of fiber and healthy fats, supporting heart health, digestion, and stable blood sugar. Bananas are rich in potassium, which helps regulate blood pressure, while walnuts contribute plant-based omega-3s for brain and heart health. This banana bread is perfect for breakfast, a midday snack, or a wholesome dessert.

Yield: Four Cups

Ingredients:

- 3 medium Overripe bananas, peeled
- ⅓ cup Unsweetened applesauce
- ⅓ cup Pure maple syrup
- 1 tsp. Pure vanilla extract
- 1 ½ cups Whole wheat flour
- ¼ cup Ground flaxseed
- 1 tsp. Baking soda
- ½ tsp. Baking powder
- 1 tsp. Cinnamon
- ½ cup Chopped walnuts or pecans (optional)

Directions:

-Preheat oven to 350 degrees F. Line a 9x5 inch loaf pan with parchment paper..

-In a medium bowl, mash bananas with a fork or potato masher into a smooth or slightly chunky consistency. Then add applesauce, maple syrup, and vanilla extract and mix until combined.

-In another bowl, whisk together flour, ground flaxseed, baking soda, baking powder, and cinnamon.

-Using a spatula, gently fold in the banana mixture and nuts (optional) until the wet and dry ingredients are combined. It's ok if it's a little lumpy. **Do not overmix.**

-Pour batter into a prepared loaf pan and bake for 55 minutes or until a toothpick inserted in the center comes out clean.

-Remove bread from the oven and allow it to cool in the loaf pan for 10 minutes. Then transfer to a cooling rack.

Notes:

-The most common mistake when baking banana bread is overmixing the batter. Overmixing develops the gluten in the flour, leading to a dense, chewy, and rubbery loaf.

-The best way to store homemade banana bread is to make sure the loaf has cooled completely before wrapping it **TIGHTLY** in plastic wrap or placing it in an airtight container/bag. Store on the counter for up to 3-4 days, in the refrigerator for 5-7 days, or in the freezer for up to 2-3 months. (If freezing the loaf, wrap tightly **AND** place it in a freezer bag.)

Recipe Author

Andréa Dunnam of The Plantrician Project, is a plant-based cook who enjoys sharing simple, approachable recipes through live cooking demonstrations. She focuses on creating whole food, plant-based dishes using everyday ingredients that are both nourishing and delicious.

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