

# The BEST Vegan Gluten-Free Banana Bread | Easy One-Bowl Recipe (Super MOIST!)

My BEST Vegan Gluten-Free Banana Bread Recipe Makes 1 standard loaf or 12 muffins

What you'll need...

$\frac{1}{4}$  cup (60 mL) warm water

2 tbsp (30 mL) chia seeds

3-5 ripe bananas, about 400g or 1  $\frac{1}{2}$  cups mashed

$\frac{1}{4}$  cup (60 mL) avocado oil (or extra virgin olive oil)

$\frac{1}{4}$  cup (60 mL) organic palm sugar (or brown sugar)

$\frac{1}{4}$  cup (60 mL) maple syrup (or more brown sugar)

2 tsp (10 mL) apple cider vinegar

1 tsp (5 mL) vanilla extract

$\frac{1}{2}$  tsp (2.5 mL) sea salt

1  $\frac{1}{2}$  cups (375 mL) almond flour \*see notes below

1  $\frac{1}{4}$  cups (315 mL) gluten-free quick cook oats

$\frac{1}{4}$  cup (60 mL) tapioca starch \*see notes below

1  $\frac{1}{2}$  tsp (7.5 mL) baking power

1 tsp (5 mL) baking soda

$\frac{3}{4}$  cup (185 mL) chopped walnuts \*see notes below

What to do...

1. Preheat oven to 350F (175 C). Oil a standard 1.5 litre (1.5 quart) loaf pan then line with parchment paper. Alternately, line a muffin pan with muffin liners. Set aside.

2. In a large bowl, stir together warm water and chia seeds. Let rest for 3-5 minutes, or until thickened.

3. Add peeled bananas to same bowl as the chia mixture; mash well using a large fork or masher.

4. To banana mixture, add oil, palm sugar, maple syrup, apple cider vinegar, vanilla and sea salt. Stir well to combine.

5. Stir through almond flour, oats, tapioca starch, baking powder and baking soda. Mix in walnuts. Transfer batter to prepared loaf or muffin pan.

6. Bake in centre of oven until toothpick inserted in the centre comes out clean. Roughly 50-65 minutes for a full loaf, 25-35 minutes for muffins. For moister, denser banana bread bake it less. If you want it a little more dried out, bake it longer.

7. Allow to cool in pan for 10 minutes before removing to wire rack. Cool completely before slicing!!! Seriously... it'll just crumble apart if you're impatient. 8. Store well wrapped at room temperature. Gluten free baked goods are the best on day 2 and 3...

Notes...

– Almond flour, almond powder and ground almonds are all basically the same thing. For the best texture, look for something with a super fine grind.

– Any starch can be substituted here. Potato and arrowroot are both great options; corn starch is not ideal but will work in a pinch.

– You can substitute any nuts you like here. Nut allergy? Try

chopped sunflower and/or pumpkin seeds or hemp hearts. Almond flour can be replaced with brown rice flour but will yield a different finished product.