

## The Guilt-Free Banana Bread Recipe You Have All Been Waiting For ...

Okay, maybe not ALL of you, but ever since I posted about the Breakfast-Worthy Banana Bread from my book, Go Dairy Free, I have been flooded with requests for the recipe. The recipe is naturally sugar-free, vegan (and consequently egg-free and dairy-free), soy-free, nut-free, and optionally wheat-free, and it is perfect for toasting. Of course, the recipe is in the book (along with tons of dairy-free living info and many other awesome recipes, if I do say so myself), which can be ordered on Amazon for an insanely good price &hellip; but enough with the sales pitches &hellip; I am more than happy to share that recipe with you here! To start, here is a brief background on this banana bread, which is now a part of the regular breakfast rotation in my household ...

An important part of going dairy-free for me was turning to home-baked bread. At the time, every last loaf at my local grocer contained milk in some form (milk powder, cheese, whey, caseinate, etc.). Even when a couple specialty vegan/dairy-free brands appeared, they were way too costly to warrant regular purchase.

While I learned to enjoy pounding on dough for a good homemade yeast bread once in a while (excellent stress reliever), I don't always have time or the patience for the process. So I set out to create a quick bread that was nutritious enough to use for my morning toast. With that in mind, this bread is completely sugar-free, using just the bananas for a hint of sweetness. I find it perfect as a base for nut butter, jam, or honey, each of which adds their own dose of flavor, wouldn't you agree Ricki? [Ricki has a new cookbook out called Sweet Freedom - desserts without wheat, dairy, eggs, and refined sugar - so I consider her the ultimate expert on sugar-free baked goodies]

If you want a little of the sweet stuff, feel free to add a couple tablespoons of your favorite sugar (honey, brown sugar, maple syrup, evaporated cane juice, sugar straight up, etc.) to the recipe. But, if you want a loaf of sugar-loaded, dessert banana bread, I suggest you look elsewhere.

Healthy foodies who know how to savor the flavor &hellip; read on, and fire up that oven!

### Breakfast-Worthy Banana Bread

Recipe from "Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living" by Alisa Fleming (yours truly!)

This Recipe is Vegan, Dairy-Free, Egg-Free, Soy-Free, Sugar-Free and Optional Nut-Free

"Going out on a limb, I created a banana bread recipe that is completely void of added sugar of any kind, relying solely on the extra-ripe bananas for their natural sweetness. What resulted was a mildly sweet loaf of bread that my entire family adores. It is perfect for breakfast, and won't leave you face down on your keyboard by 10am. Feel free to make this bread the night before, allowing the banana flavor to infuse and giving the bread time to take on some moisture. If you do prefer a bit of a sweeter loaf, add a bit of sweetener with the wet ingredients." - [Yes, I just quoted myself]

1/2 Cup Unsweetened Milk Alternative of Choice  
 2 Tablespoons Ground Flaxseed  
 2 Cups Whole Grain Spelt Flour or Whole Wheat Flour  
 1 Teaspoon Ground Cinnamon  
 1/2 Teaspoon Ground Nutmeg  
 1-1/2 Teaspoons Baking Soda  
 1/4 Teaspoon Salt  
 1/4 Cup Grapeseed or Vegetable Oil  
 1 Teaspoon Vanilla Extract  
 3 to 4 Medium-Sized, Very (Very) Ripe Bananas, Mashed (about 1-1/2 to 2 cups mashed)\*  
 1/2 Cup Nuts, Dried Fruit, or Other Add-ins (optional)

Preheat your oven to 350°F (175°C) and grease a 9x5-inch loaf pan. In a large mixing bowl combine the milk alternative and flaxseed and set aside. In a medium-sized bowl, sift together the flour, cinnamon, nutmeg, baking soda, and salt. Set aside. Returning to your mixing bowl, blend in the oil, vanilla, and bananas until well mixed. Stir in the dry ingredients by hand, being careful not to over-mix; a few lumps are okay. Gently fold in the nuts, fruit, or any other add-ins, if using. Spread the batter into your prepared loaf pan, and bake for 30 to 35 minutes, or until the top is browned and resilient to the touch. Allow the bread to cool in the pan for 10 to 15 minutes before removing it to a wire rack to cool completely.

Mini-Loaf Option: The loaf pictured above is actually a mini-loaf. This recipe will make four mini loaves, baked at 350° for

about 22 to 25 minutes. I topped the loaves with some sliced almonds just before popping them in the oven and subbed the vanilla extract with 3/4 teaspoon almond extract for a slightly almond vibe.

\* I prefer to use a full 2 cups of banana for the deepest flavor and a very moist bread, but using 1/2 cup less will allow the bread to rise a bit more.

Yields 10 to 12 servings

To comment or ask questions on this recipe, see the original post on [One Frugal Foodie](#).