



Long Livo

Healthy Banana Bread Recipe

15 min

Prep time

8

Servings

45 min

Cook time

Easy

Difficulty

1 h

Total time

American

Cuisine

Ingredients

Dry Ingredients

- ☐ 2 cups oat flour
- ☐ 1 tsp baking soda
- ☐ ½ tsp salt
- ☐ 1 tsp ground cinnamon
- ☐ Zest of 1 lemon

Wet Ingredients

- ☐ 3 very ripe bananas, mashed
- ☐ ¼ cup unsweetened applesauce
- ☐ ¼ cup maple syrup
- ☐ ¼ cup melted coconut oil
- ☐ 1 tsp vanilla extract

Instructions

- 1** Preheat the oven to 350°F (175°C) and line a 9×5-inch loaf pan with parchment.
- 2** In a bowl, whisk together oat flour, baking soda, salt, cinnamon, and lemon zest.
- 3** In another bowl, combine mashed bananas, applesauce, maple syrup, melted coconut oil, and vanilla; stir until smooth.
- 4** Pour the wet mixture into the dry, folding gently until just incorporated; avoid over-mixing.
- 5** Transfer batter to the prepared pan, smooth the top, and bake for 45-50 minutes, or until a toothpick comes out clean.
- 6** Let the loaf cool in the pan for 10 minutes, then turn out onto a wire rack to finish cooling.

Nutrition per serving

210 kcal

Calories

3 g

Protein

35 g

Carbs

7 g

Fat

Tips & notes

- If you like extra texture, stir in chopped walnuts or sunflower seeds before baking.
- For a sweeter glaze, brush the top with a thin layer of maple syrup after baking.
- Try pairing the loaf with overnight oats for a hearty breakfast.