



# RECIPES

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## Vegan Chia Banana Bread

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Serves 5 People | 15 minutes - prep time | 1 hour- cooking time | 1 hour 15 minutes- total time

### Ingredients:

1/2 cup sugar  
1/2 coconut oil, melted  
3 bananas, mashed  
1 teaspoon coconut extract  
3 tablespoons pb2 or peanut butter  
1/2 teaspoon salt  
1 teaspoon baking powder  
1/4 cup chia seeds  
1 1/2 cups flour  
1 teaspoon cinnamon

### Directions:

Preheat the oven to 350 degrees F. and line an 8x4 loaf pan with parchment paper or spray with non cooking spray.

In a large bowl, combine together the salt, baking powder, chia seeds, flour, and cinnamon.

Using an electric stand mixer with a paddle attachment or a large mixing bowl with a wooden spoon, add the sugar and melted coconut oil. Using the paddle attachment or the spoon, cream together the oil and sugar until it is smooth and well combined.

Now, add your mashed bananas, coconut extract, and pb2 or peanut butter. Continue to mix for another minute.

Once your peanut butter is completely mixed in, fold in your dry ingredients slowly into your wet ingredients, Continue to combine the dry and wet ingredients until there are no more visible streaks of flour.

Pour in your batter into the loaf and place in the preheated oven. Bake for 55 minutes to 1 hour.

Once completely finished baking, remove from the oven and allow it to cool off for at least 25 minutes before slicing in.

Enjoy!

Recipe courtesy of Chef Will Coleman  
[www.chefwillcoleman.com](http://www.chefwillcoleman.com)  
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