

VANILLA NUT BANANA BREAD

APRIL 2017

MY FAMILY LOVES THIS RECIPE. IT IS SIMPLE AND FAST TO WHIP UP. THE RESULT IS THE MOST PERFECT MOIST BANANA BREAD EVER AND IT IS VEGAN. IT TAKES 15 MINUTES TO COMBINE THE INGREDIENTS AND 50 MINUTES TO COOK.

VANILLA NUT BANANA BREAD

MAKES 1 - 9" LOAF

INGREDIENTS

¼ C PLAIN, UNSWEETENED VEGAN MILK

½ TSP APPLE CIDER VINEGAR

½ C VEGAN BUTTER

¾ TO 1 CUP LIGHT BROWN SUGAR (DEPENDING ON HOW SWEET YOU LIKE IT)

3 RIPE MEDIUM BANANAS

1 TSP VANILLA

1½ C FLOUR

½ C WHOLE WHEAT FLOUR

1 TSP BAKING POWDER

½ TSP BAKING SODA

¼ TSP SEA SALT

¼ TSP ALLSPICE

¼ CUP OF RAISINS

¾ CHOPPED NUTS (I USE PUMPKIN SEEDS BUT PECANS OR WALNUTS WILL WORK)



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INSTRUCTIONS

- PREHEAT OVEN TO 350F.
- PREPARE YOUR LOAF PAN WITH BUTTER AND FLOUR.
- WHISK VEGAN MILK AND VINEGAR AND SET ASIDE.
- IN A SEPARATE BOWL CREAM TOGETHER VEGAN BUTTER AND SUGAR.
- ADD BANANAS, VANILLA, AND THE MILK/VINEGAR AND MIX THOROUGHLY WITH THE CREAM.
- COMBINE THE FLOURS, BAKING POWDER, BAKING SODA, ALLSPICE AND SALT.
- MIX ALL THE INGREDIENTS UNTIL ALL OF THE FLOUR IS MOISTENED.
- FOLD IN YOUR RAISINS AND NUTS.
- POUR IN LOAF PAN AND BAKE FOR 50 MINUTES UNTIL THE TOP IS TOASTY BROWN.
- PUT LOAF ON WIRE RACK TO COOL FOR 10 MINUTES.

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