



One Bowl Gluten-Free Banana Bread

Adapted from: www.minimalistbaker.com

Prep time: 10min

Bake time: 1 hour

Total time: 1 hour 10 min

Ingredients

- 3 medium ripe bananas (3 bananas yield ~1 1/2 cups or 337 g)
- 1/2 tsp pure vanilla extract
- 1 whole egg (or sub 1 chia or [flax egg](#))*
- 3 Tbsp avocado or coconut oil, melted
- 1/4 cup organic cane sugar
- 1/4 cup Sucanat
- 2-3 Tbsp maple syrup (depending on ripeness of bananas // or sub honey)
- 3 1/2 tsp baking powder
- 3/4 tsp sea salt
- 1/2 tsp ground cinnamon
- 3/4 cup unsweetened almond or dairy-free milk
- 1 1/4 cup almond meal
- 1 1/4 cup [gluten-free flour blend](#) (Oat Flour, Tapioca Flour, etc)
- 1 1/4 cup gluten-free oats

Instructions

1. Preheat oven to 350 degrees F (176 C) and line a 9x5-inch loaf pan with parchment paper.
2. Mash banana in a large bowl. Add all ingredients through almond milk and whisk vigorously to combine. Last add almond meal, gluten free flour blend and oats and stir.
3. Bake for 1 hour – 1 hour 15 minutes. When ready, it should feel firm and be crackly and golden brown on top.
4. Let cool completely before cutting or it will be too tender to hold form.
5. Serve with butter and honey or as is. Store leftovers in a covered container for up to a few days. Slice and freeze for longer term storage.

Notes

***GOOD NEWS!** Several people have tried this recipe vegan-ized by swapping the egg for 1 chia or [flax egg](#) and have reported that it works well! To do so, just combine 1 Tbsp chia seed or flaxseed meal with 2.5 Tbsp water, mix and let set for 5 minutes to activate. Then add to the recipe when I note to ‘add the egg’.