# Vegan Banana Bread

**WET INGREDIENTS**

- 3-4 medium *very ripe* bananas
- 2 tablespoons ground flaxseed
- 1/3 cup almond milk
- 1/3 cup coconut oil, melted
- 2 tablespoons pure maple syrup
- 2 teaspoons pure vanilla extract

**DRY INGREDIENTS**

- 1/4 cup coconut sugar
- 1/2 cup rolled oats
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon fine sea salt
- 1 1/2 cups light/white spelt flour or whole-grain spelt flour
- Sliced banana, chopped walnuts, and/or chocolate chips, for topping (optional)

**DIRECTIONS**

1. Preheat the oven to 350°F. Lightly spray a 9x5-inch loaf pan with oil and set aside.
2. In a large bowl, mash the banana until almost smooth (make sure you have 1 1/3 cups).
3. Stir the wet ingredients into the banana until combined.
4. Stir the dry ingredients into the wet mixture, one by one, in the order listed. Stop stirring when there are no flour patches at the bottom of the bowl.
5. Spoon the dough into the loaf pan and spread out evenly. If there is enough mixture for a baby loaf, go for it! Add your desired toppings and gently press them into the dough.
6. Bake the loaf, uncovered, for 45 to 55 minutes (I bake for 47 to 48 minutes), until lightly golden and firm on top. The top of the loaf should slowly spring back when touched.
7. Remove the pan from the oven and allow to cool for 30 minutes.
8. Slice the loaf once cooled. I love to spread it with butter or peanut butter!