

Banana Bread

Recipe By *Brynie Greisman*



Cooking and Prep:  2
h 10 m

Serves:  12

Contains:    

Preference: Parve

Difficulty: Easy

Diet: Vegetarian

Source: Kosher.com

Exclusive

Typical banana bread has 1 cup of sugar (what for???) and is often made with butter and yogurt. I wanted bread that would be a) parve b) low-sugar c) low-fat d) healthful, and e) really good taste and texture. Actually I had one more criteria, which was keeping it nut-free. I set out to develop such a recipe. The results were amazing. Just this morning, I shared a piece with a friend on the way to the gym. My friends know I always have some healthy creation of mine in my gym bag, and they love to be tasters and testers. This one was awarded a 10! I sliced it before freezing, so I can literally grab a piece on the way out. Try it for breakfast. I know you'll love it!

Ingredients (12)

Main ingredients

- full 1/2 tablespoon vinegar
- 1/3 cup **Gefen Soy Milk**
- 2 cups whole wheat pastry flour

- 3/4 teaspoon baking soda
 - 1/2 teaspoon salt
 - 3–4 tablespoons light brown sugar
 - 2 tablespoons oil
 - 2 tablespoons **Haddar Unsweetened Applesauce**
 - 4–5 very ripe bananas, mashed
 - 2 eggs
 - 2 pinches cinnamon
 - 1/4 cup **Glicks Chocolate Chips**
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Start Cooking

Banana Bread

Yield: 1 loaf, about 14 slices

1. Pour the vinegar in a cup. Add the soy milk. Let sit at room temp for about an hour until it curdles. When it's ready, proceed with the recipe.
2. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).
3. In a large bowl, combine the flour, baking soda, salt and sugar, stirring with a whisk.
4. Make a well in the center. Add the oil, apple sauce, bananas, sour soy milk (above), eggs and cinnamon. Fold all ingredients together well.
5. Pour half of batter into a standard-size loaf pan lined with Gefen Easy Baking Parchment Paper. Distribute chocolate chips evenly over batter. (I prefer mini chips here) Cover with the rest of the batter.
6. Slide into the oven and bake for at least an hour or until a toothpick inserted in the center comes out clean. Cool completely before slicing.

Note:

For an even healthier version, after measuring the 2 cups of flour, remove a few tablespoons of it and substitute with 1 tablespoon wheat germ, 1 tablespoon ground flaxseed, and 1 tablespoon oat bran. Adjust quantities/ingredients to your preference.

Tip:

When bananas get too ripe and I have no customers for them, I peel them and freeze them. It is exactly with such bananas that I made this bread!

FYI: You can melt the chocolate chips in the microwave if desired, and drizzle all over the batter, instead of using them whole. This creates a real ribbon of chocolate in the center.