



MERRY CHRISTMAS & BON APPETIT!



## BANANA BREAD (vegan & gluten free)

### INGREDIENTS



- 3 ripe bananas
- 50 g whole cane sugar
- 80 ml vegetable milk
- 4 tbsp. melted coconut oil
- 2-3 tbsp chia seeds
- 160 g gluten-free flour mix (100g wholemeal rice flour, 30g buckwheat flour, 30g almond or coconut flour)
- 10 g of oat flakes
- 10 g of yeast
- 1 tbsp of cinnamon
- 1 tbsp of vanilla powder
- 1 pinch of salt
- (optional) 70g crushed nuts or sultanas or chocolate chips

### PREPARATION

1. Preheat the oven to 180 C
2. Mash the bananas with a fork.
3. Add the liquid ingredients: coconut oil, vegetable milk, etc.
4. Then the sugar, cinnamon, vanilla, chia seeds
5. In another container, mix the flours, yeast, salt, oats, etc.
6. Pour the liquid ingredients into the dry ingredients and mix well.
7. Once the dough is homogeneous you can add the optional ingredients (chocolate chips, nuts, raisins).
8. Pour into a cake tin greased with coconut oil.
9. Put in the oven for about 40 minutes