



Joy's Easy Vegan Banana Bread

1 Neat egg substitute

1 cup white flour

1 cup wheat flour

½ -1 cup sugar (I prefer Organic coconut palm sugar)

¾ teaspoon baking soda

¾ teaspoon sea salt

¾ teaspoon cinnamon

½ cup plain soy, almond or any plant milk

1 teaspoon apple cider vinegar

2 cups mashed banana, from about 4 large very ripe bananas

¼ cup vegetable or coconut oil

2 tablespoons maple syrup

1 teaspoon vanilla extract

1 cup or more walnuts (optional)

Directions: Preheat the oven to 350 F. Lightly oil a 9"x5" pan and set aside. (Or 2-4 mini pans)

In a medium-sized mixing bowl, sift together the flour, sugars, baking soda, salt and cinnamon. In a large mixing bowl, whisk together the soy milk and cider vinegar and let stand for 2 minutes. Mix the Neat egg, mashed banana, oil, maple syrup, vanilla extract, and nuts whisking until well combined. Fold in the milk and apple cider vinegar. Add dry ingredients to the wet, mixing until just combined (do not overmix!) and pour the batter into the prepared loaf pan. Bake for about 1 hour, or until a toothpick inserted into the center emerges clean-about 50-60 minutes and for mini loaves 30-40 minutes. Allow the bread to cool in pan 5-10 minutes then remove & place on a wire cooling rack. Serve warm, toasted or at room temperature. Can be left out for 3-4 days or refrigerated up to about a week. (It never lasts that long though) Also freezes well. (Most ingredients can be organic)

Submitted by Joy A. of North Carolina