

Vegan, gluten free, low calorie, low fat banana bread

Dry Ingredients

- 270g Gluten Free Plain Flour
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Ground Allspice
- 1 Teaspoon Ground Cinnamon
- 1 Teaspoon Baking Powder
- 1 Teaspoon Baking Soda

Wet Ingredients

- 125ml (1/2 cup) Non-dairy milk
- 30g Maple Syrup
- 70g Apple Sauce
- 60g Vegan margarine, melted (20 seconds in microwave, then stirred)
- 1 Tablespoon Apple Cider Vinegar
- 1 Teaspoon Vanilla Extract
- Two large very ripe bananas, mashed well with a fork

Preheat the oven to 180C/350F. Grease a 20cm loaf tin or similar (I use a bread tin with straight sides) and line the bottom with baking paper.

In a medium size bowl, combine all the wet ingredients *except the mashed banana*. Beat thoroughly with a whisk until the mixture is a little foamy (say, 60 seconds).

Sift all of the dry ingredients into a large bowl, then add the wet ingredients and mashed banana to it. Stir well with a wooden spoon to combine. You should end up with a fairly dense and sticky dough.

Pour / scrape the dough into the prepared loaf tin, then either spread it to the sides and smooth the top, or shake it hard side to side and front to back to even it out.

Bake for 60 minutes. Then insert a skewer, and if it comes out clean, it's cooked – otherwise, give it a few more minutes. As a rule of thumb, if it has shrunk away from the inside edge of the loaf tin, it's cooked.

Allow to cool in the tin for 10-15 minutes, then remove from the tin (remember to remove the baking paper from the bottom) and cool completely on a wire rack before slicing.