

VEGAN BANANA BREAD FOR TWO

Ingredients:

1 super-ripe banana, mashed
1/2 cup whole wheat flour
1/2 t baking soda
pinch salt
2 T honey or maple syrup
1 small flax egg (1 T ground flax seeds + 1 T water)
1/2 t vanilla extract
1/4 t cinnamon
1 T coconut oil, melted
2 T slivered almonds

Directions:

Preheat your oven to 350F. Spray a mini loaf pan with cooking spray. Stir all the ingredients together except for the almonds. Transfer batter to prepared pan. Top with almonds and more cinnamon. Bake for 25-35 minutes or until a skewer inserted comes out clean. Divide in half and eat!