

Banana Bread

Swick

Makes 1 loaf | Active Time: 20 minutes | Total Time: 1 hour 20 minutes

- 2 tbsp flax meal
- 6 tbsp water
- 1 cup dark brown sugar
- 1/4 cup non-dairy butter, room temperature
- 1/3 cup thick Cashew Cream
- 1 1/2 cups unbleached flour
- 1 1/4 tsp baking soda
- 1/2 tsp sea salt
- 4 lrg super ripe bananas, mashed (approx 400 to 450 grs)
- 2 tsp orange or lemon zest
- 1/2 cup chopped bittersweet chocolate, optional

To start, add the flax meal and water to a bowl and set aside.

Next, preheat the oven to 350° (175°C). Lightly coat a 9 × 5" loaf pan (or a 12"L x 7"W x 3"H) with nonstick spray and line with parchment paper, leaving a generous overhang on long sides. Note that the parchment is not totally necessary but it does ensure that the loaf will not stick to the pan.

Next, using an electric mixer on medium-high speed, beat together the brown sugar and butter in a large bowl until light and fluffy, about 4 minutes. If you do not have a mixer, this can be done by hand.

Next, whisk the flax meal and water together to create the flax eggs, and then whisk this into the creamed butter-sugar mixture. Lastly, fold in the Cashew Cream.

In a separate smaller bowl, whisk together the flour, baking soda, and salt.

Next, reduce the speed of the mixer to low and then add the flour mixture, and mix until just combined. If doing by hand, just fold in the flour.

At this point, add the mashed bananas and zest and gently fold everything together. If using, fold in the chocolate and then pour the batter into the prepared loaf pan and smooth the top.

Bake bread until a tester inserted into the center comes out clean, approximately 60–65 minutes. Transfer the pan to a wire rack and let the bread cool in the pan for about an hour. Turn out bread and let cool completely before slicing.