



# Simple Banana Bread Recipe

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 Works for me This protocol may be deleted by the owner

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## ABSTRACT

This is a simple 6-ingredients vegan banana bread recipe.

## MATERIALS TEXT

### Ingredients:



Required ingredients.

For one banana bread, you will need:

-  **200 g flour**
-  **1 tsp baking powder**
-  **2 X bananas**
-  **100 g maple syrup**
-  **70 g canola oil**
-  **0.5 tsp vanilla extract**

Optional:

- Pecans for decoration

### Equipment:

- Two medium-sized bowls
- Spoon
- Fork
- Plate
- Baking Pan

■ Oven

#### SAFETY WARNINGS

Be sure to not eat the banana bread when it's too hot and be sure to not eat the entire banana bread at once. :)

Pre-heating oven

1m

- 1 Preheat the oven to **350 °F**.

Making the batter

10m

- 2 Add **200 g flour** and **1 tsp baking powder** into a medium-sized bowl.

- 3 Mix the dry ingredients well.



Flour and baking power well mixed together.

- 4 Mash the bananas with a fork.



Mashing bananas with a fork.



Mashed banana.

- 5 Transfer the mashed banana into another medium-sized bowl.
- 6 Add **60 g oil**, **100 g maple syrup**, and **0.5 tsp vanilla extract** to the mashed banana.
- 7 Mix all the wet ingredients well.





- 8 Add the wet ingredients to the dry ingredients and mix everything.



Be sure to not overmix as overmixing will cause the banana bread to be less fluffy.



All ingredients mixed together.

- 9 Grease a baking pan with a neutral oil of your choice.

- 10 Fill the dough into the baking pan.

- 11 Decorate the banana bread with pecans.



Banana bread dough in baking pan, decorated with pecans.

Baking 40m

- 12 Bake the banana bread at  $350^{\circ}\text{C}$  for 00:40:00 .



Ready banana bread.

- 13 Let the banana bread cool down a bit before serving.