

Ryan's Banana Bread Recipe

Ingredients:

- 1 3/4 cup flour
- 1 tsp baking soda
- ½ tsp salt
- 2 ripe/overripe bananas
- 1 cup of sugar (I do ½ brown, ½ white)
- ¼ cup coconut oil, melted
- ¼ cup applesauce (can substitute with additional coconut oil)
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- 8 oz almond milk or other liquid (OJ works well if you use fruits/berries or chocolate as the mix in)
- Mix ins such as nuts, oats, seeds, berries, spices, chocolate

Steps:

1. Put chia seeds in a small bowl with 6 tbsp water. Allow to soak for about 20 minutes. This mixture will be ready when it becomes gelatinous.
2. Preheat oven to 350 F.
3. In the meantime, combine dry ingredients (flour, baking soda, salt) in medium mixing bowl.
4. In separate large mixing bowl, mash bananas. Add coconut oil, applesauce, sugar, vanilla, and chia seed mixture and stir to combine thoroughly.
5. Slowly add dry ingredients, stirring until smooth, thick batter is formed.
6. Add almond milk/other liquid and stir until smooth.
7. Add whatever mix-ins you would like. I usually use: rolled oats, ground flax seeds, pecan chips, cinnamon, chunky peanut butter. No real measurements here, just whatever feels right.
8. Grease loaf pan or baking dish with coconut oil and pour in mixture. Place in oven for 35-40 minutes. Bread is done baking when a toothpick or knife can be stuck in and comes out clean.