

We work hard in the kitchen to make sure that no one is left out in the dining room based on their dietary preferences and allergies. So, for anyone with an intolerance or allergy to dairy or gluten, or that eats a vegan diet this bread is a good choice! This bread is great for breakfast or an after meal treat.

## **Gluten Free, Dairy Free, & Vegan Banana Bread**

- 2 loaf pans (any 8" to 9" pan will do)

### **Ingredients**

- Gluten Free flour 2 cups (Bob's Mill Blue Label is great!)
- Baking soda 1 teaspoon
- Salt 1/4 teaspoon
- Coconut milk 1/2 cup (Carton not canned)
- Bananas 5 (very ripe)
- Sugar 3/4 cup
- Brown sugar 1/4 cup
- Applesauce 1/2 cup
- Vegetable oil 1/3 cup
- Cinnamon 1 teaspoon
- Vanilla 1 teaspoon
- Chocolate chips 1/2 cup (optional)

### **Preparation**

1. Preheat the oven to 350 F
2. Sift the dry ingredients together: flour, baking soda, salt, and cinnamon
3. Mash up the bananas thoroughly
4. Mix the sugars, applesauce, oil, and vanilla together, then add the bananas
5. Combine the dry and wet mixtures
6. Pour into parchment lined pans, or pans that have been oiled and floured
7. Bake for 40 minutes or until a toothpick inserted into the middle comes out clean
8. Cool before removing from the pan and enjoy with your favorite spread!