



Chimpanana Bread

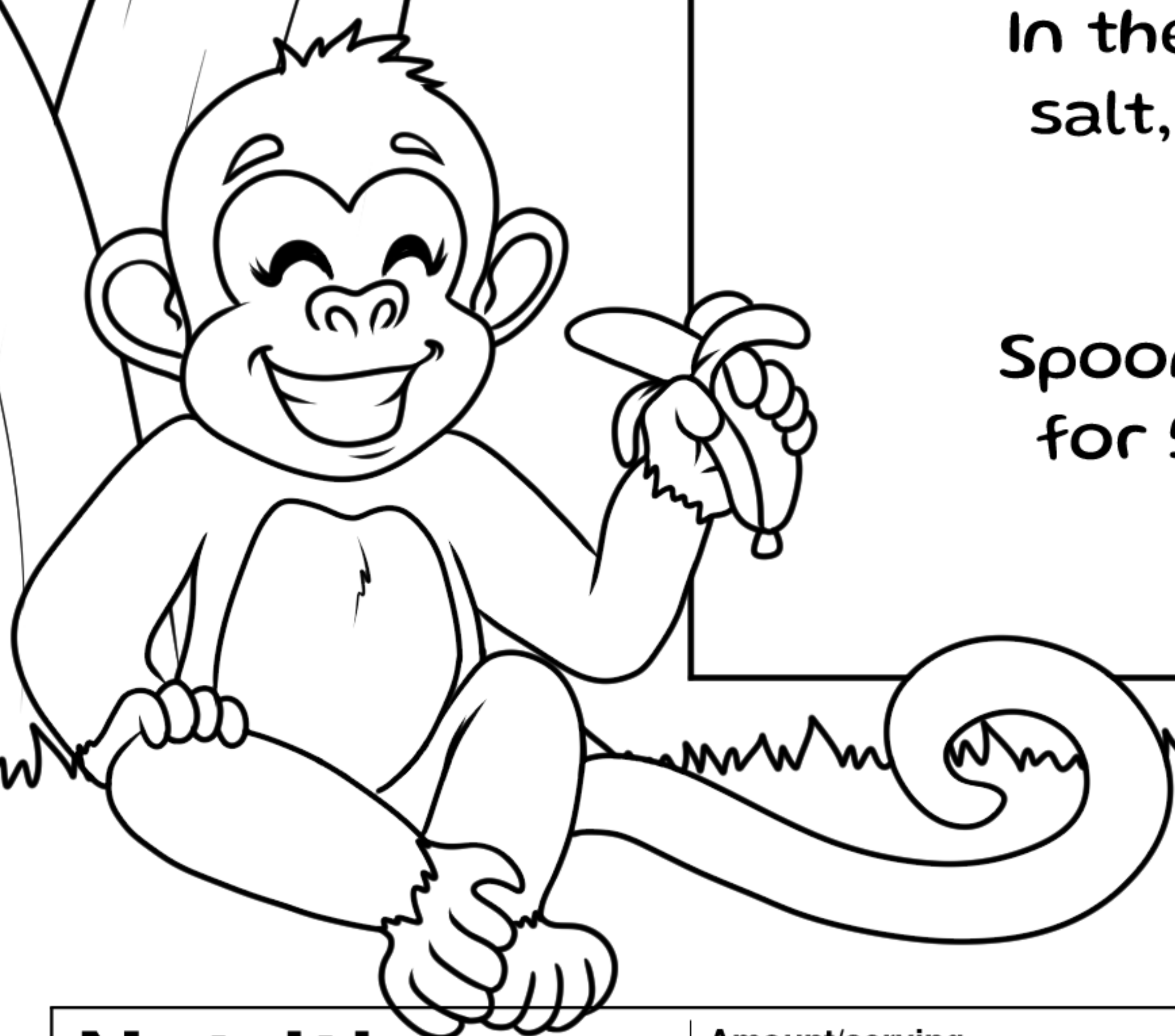
Ingredients

- 2-3 ripe bananas
- 1/4 cup organic sugar
- 1/3 cup oil (coconut, canola)
- 1 tsp vanilla extract
- 2 cups unbleached all purpose flour
- 1 cup Oat or Soy Or almond Milk
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp cinnamon
- (add raisens, nuts, flaxseed, chia seeds)

Instructions:

- Preheat oven to 375
- Arrange a strip of unbleached parchment over a 9" bread loaf pan
- Peel the bananas, add to large mixing bowl and mash with (chimpanana cutter)
- Add sugar; oil, plant milk, vanilla extract, and mix well.
- In the same bowl, add the flour, baking soda, salt, cinnamon and mix all together. Batter should be thick but creamy.
- If needed add more plant milk.
- Spoon the batter into the loaf pan and cook for 50 minutes (or until toothpick inserted into center comes out clean)
- Let cool, slice and enjoy!

Great Job!



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Nutrition Facts

8 servings per container
Serving size 1/8
Calories per serving **260**

Amount/serving	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Vitamin D 0mcg	0%
Potassium 194mg	4%
Calcium 10mg	

Amount/serving	% Daily Value*
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Iron 2mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.