HEALing Seeds

Chocolate Snackin' Banana Bread (

INGREDIENTS

2 cups overripe bananas, mashed
2 tsp. pure vanilla extract
1 Tbsp. vinegar
²/₃ cup pure maple syrup
1/4 cup oil or milk
1³/₄ cups flour (whole wheat white preferred)
1 tsp. baking soda
³/₄ tsp. salt
³/₄ tsp. baking powder
¹/₂ cup plus 2 Tbsp. unsweetened cocoa powder
¹/₂ cup chocolate chips, plus more for decoration



DIRECTIONS

- 1. Mash bananas with a fork. Measure the 2 cups after mashing.
- 2. Preheat oven to 350 degrees and grease a 9×5 bread loaf pan (alternatively, could use a 9×9 pan).
- 3. Beat together bananas, vanilla, vinegar, maple syrup, and oil. Combine all dry ingredients in a separate bowl. Pour dry mixture into liquid and mix until evenly combined. Stir in chocolate chips. Pour in pan and spread out evenly. Sprinkle some extra chocolate chips on top if desired and press down.
- 4. Bake 40 minutes, then turn off the oven and leave the bread in the closed oven for another 10 minutes. If an inserted toothpick does not come out clean, turn the oven back on and bake for several more minutes.

NUTRITION FACTS

12 servings Calories: 167 Fat: 4.4 g Sodium: 151 mg Total Carbohydrate: 33 g Dietary fiber: 4 g Protein: 3 g

