

Gluten, Nut and Dairy Free Banana Bread

2.75 cups gluten-free oat flour
3 large ripe bananas
.25 cup oat or soy milk
1/3 cup maple syrup
2 eggs
2 tsp cinnamon
Pinch of salt
3/4 teaspoon baking soda
1 teaspoon baking powder

Optional: Chocolate chips

Instructions

1. Preheat oven to 350F.
2. In a large bowl, mash ripe bananas with a fork. Then, whisk together maple syrup, eggs, mashed bananas, and milk.
3. Add cinnamon, salt, baking soda, and baking powder to oat flour. Mix to combine evenly.
4. Add the wet mixture to the flour mixture and mix until totally combined. The batter will be a little sticky, that's okay.
5. Let the mixture sit for five minutes.
6. Spray loaf pan with cooking spray and make sure all sides are nicely coated or your bread will stick. You can also use parchment paper if desired.
7. Add mixture to your greased bread pan and place it middle rack of the oven.
8. Bake for 50-55 minutes until inserted toothpick comes out clean.
9. Let cool COMPLETELY.