

# Healthy Cinnamon Banana Bread

Prep Time: 10 Min Cook Time: 1 Hours Total Time: 1 Hours, 10 Min



SERVINGS: 12

## Nutritional Facts

Serving Size: 1 slice

### Amount Per Serving

Calories 157 Calories from Fat 40

% Daily Value\*

<b>Total Fat</b> 5g	7%
Saturated Fat 3g	16%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 31mg	10%
<b>Sodium</b> 218mg	9%
<b>Total Carbohydrate</b> 27g	9%
Dietary Fiber 1g	5%
Sugars 10g	

### Protein 3g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

## Ingredients

- 3 tbsp coconut oil, melted
- 1/4 cup unsweetened applesauce
- 3 tbsp honey
- 3 tbsp maple syrup
- 2 eggs
- 1.25 cup mashed bananas (around 3 bananas)
- 1/4 cup nonfat milk (or nut milk)
- 2 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1/2 tsp salt
- 1.75 cup white whole wheat flour

## Directions

- 1 Preheat the oven to 350 degrees.
- 2 Beat together the oil, applesauce, honey, maple syrup, eggs, bananas, and milk. Once well combined, add the cinnamon, vanilla extract, baking soda, and salt. Then using a spoon, stir in the flour. The batter doesn't need to be perfectly smooth but try to get out any big chunks.
- 3 Pour into a bread pan (I used a 9 x 5) sprayed with cooking spray. Bake for 50-60 minutes until a toothpick comes out clean and bread is cooked through.

## Notes

