Modified Banana Bread: Gluten Free & Vegan Recipe

Ingredients:

¾ cup applesauce

• 3 bananas, finely

1. Preheat oven to 325°F.

• ½ cup canola oil • 1½ cup gluten free flour • ¾ cup sugar

• 1 tsp baking soda

• ½ tsp salt • ½ tsp vanilla

• 18 cupcake wrappers

Directions:

crushed

2. Prepare a 18 muffin tin by inserting cupcake wrappers.

3. Mix together the oil, and sugar. 4. Add the applesouce and crushed bananas, combine

welll 5. Stift together gluten free flour, baking soda, and salt.

Add to creamed mixture, and add vanilla. 6. Mix until just combined. Do not over mix.

7. Add mix to each wrapper until just over half full.

8. Bake at 325°F for 30 minutes, checking the muffins at 25 minutes. Remove muffins once cooked through, and golden brown.

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• ¾ cup sugar

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• ¾ cup applesauce • ½ tsp salt 3 bananas, finely

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• 18 cupcake wrappers

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55. T 195 T C	r Contain	er 18	
Amount Per Se	rving		
Calories 13	0 Calo	ories fron	n Fat 60
		% Da	aily Value
Total Fat 7g			11%
Saturated Fat 0g			0%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 135mg			6%
Total Carbo	hvdrate 2	20a	7%
Dietary Fiber 2g			8%
Sugars 10			- 0,
Protein 1g	<i>y</i> 9		
Protein ig			
	4 .	Vitamin (C 10%
Vitamin A 0%	0 -	Calcium 0% • Iron 2%	
***************************************	•	Iron 2%	
***************************************	alues are ba	sed on a 2,0 e higher or l	



Nutrition Facts Serving Size (55g)					
Servings Per Amount Per Serv		er 18			
Calories 130		ories fron	n Fat 60		
Outories 100	Out		ily Value		
Total Fat 7g		70 DC	119		
Saturated Fat Og		0%			
Trans Fat					
Cholesterol 0mg			09		
Sodium 135mg		69			
Total Carbol		20a	79		
Dietary Fiber 2g			89		
Sugars 10					
Protein 1g	9				
Frotein ig					
Vitamin A 0%	\	Vitamin (10%		
Calcium 0%	• 1	ron 2%			
*Percent Daily Va diet. Your daily va depending on you	lues may be	higher or I	000 calori ower 2.500		
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydral Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g		

Modified Banana Bread: Gluten Free & Vegan Recipe

Ingredients:

• ½ cup canola oil

• 3/4 cup sugar

• 3/4 cup applesauce

• 3 bananas, finely crushed

Directions:

1. Preheat oven to 325°F.

2. Prepare a 18 muffin tin by inserting cupcake wrappers.

• 1½ cup gluten free flour

• 18 cupcake wrappers

• 1 tsp baking soda

• ½ tsp salt

• 1/2 tsp vanilla

3. Mix together the oil, and sugar. 4. Add the applesouce and crushed bananas, combine

well. 5. Stift together gluten free flour, baking soda, and salt.

Add to creamed mixture, and add vanilla. 6. Mix until just combined. Do not over mix.

7. Add mix to each wrapper until just over half full. 8. Bake at 325°F for 30 minutes, checking the muffins at 25 minutes. Remove muffins once cooked through, and golden brown.

Modified Banana Bread: Gluten Free & Vegan Recipe

Ingredients:

• ½ cup canola oil

• 3/4 cup sugar

• ¾ cup applesauce

• 3 bananas, finely crushed

• 1½ cup gluten free flour

• 1 tsp baking soda • $\frac{1}{2}$ tsp salt

• ½ tsp vanilla

• 18 cupcake wrappers

Directions:

1. Preheat oven to 325°F.

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2. Prepare a 18 muffin tin by inserting cupcake wrappers.

3. Mix together the oil, and sugar.

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Nutrition Facts

Serving Size (55g) Servings Per Container **18** Total Fat 7g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 135mg Total Carbohydrate 20g Dietary Fiber 2g Sugars 10g Protein 1g Vitamin A 0% Calcium 0%



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