

# Modified Banana Bread: Gluten Free & Vegan Recipe

## Ingredients:

- ½ cup canola oil
- ¾ cup sugar
- ¾ cup applesauce
- 3 bananas, finely crushed
- 1½ cup gluten free flour
- 1 tsp baking soda
- ½ tsp salt
- ½ tsp vanilla
- 18 cupcake wrappers

## Directions:

1. Preheat oven to 325°F.
2. Prepare a 18 muffin tin by inserting cupcake wrappers.
3. Mix together the oil, and sugar.
4. Add the applesauce and crushed bananas, combine well.
5. Stiff 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.



Nutrition Facts	
Serving Size (55g)	
Servings Per Container 18	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 135mg</b>	<b>6%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 2g	8%
Sugars 10g	
Protein 1g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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