

VEGAN BANANA BREAD (HEALTHY + EASY)

★★★★★ 5 from 64 reviews

A tried and true, classic vegan banana bread! Perfectly moist and delicious, this healthy vegan banana bread recipe makes a terrific snack or great way to start the day.

top down angle
view of sliced
vegan banana
bread

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Prep Time: 10 min **Cook Time:** 55 min **Total Time:** 1 hour 5 minutes

Yield: 8 - 10 slices

Category: Quick Bread

Method: bake

Cuisine: American

Diet: Vegan

ingredients

SCALE

- 1 3/4 cups (245 g) **flour** (spelt, whole wheat, unbleached all-purpose, or gluten free blend)
 - 1/3 cup (75 g) organic **pure cane sugar** (or 1/2 finely chopped dates)
 - 2 teaspoons **baking powder**
 - 1/2 teaspoon **baking soda**
 - pinch of mineral **salt**
 - 1/3 cup (75 ml) neutral flavored **oil** (or coconut oil in liquid state, vegan butter at room temp **or applesauce**)
 - 1 teaspoon **vanilla extract**
 - 4 small or 3 large **overripe bananas** (about 1 1/2 – 1 3/4 cups (338-410g)), mashed
 - 1/4 cup (56 ml) **almond milk**, use only if needed
- optional tasty add-ins:
- 1/2 – 2/3 cup chopped **walnuts**
 - 1/4 – 1/2 cup **chocolate chips** (mini or regular)
 - 1 teaspoon **cinnamon**

instructions

Preheat oven to 350 degrees F. Grease your loaf pan.

One bowl: In a medium sized mixing bowl, mash 3 – 4 bananas (about 1 1/2 cups to 1 3/4 cups works well), add oil/applesauce and vanilla extract, mix again. Add the flour, sugar, baking soda, baking powder and salt, and mix well, but don't overmix, just enough until the flour is combined. Batter will be slightly thick and a few lumps is ok. If mixture seems too thick, add more milk, especially if using heavier flours such as whole wheat or whole spelt, you're more inclined to need it).

Pour batter into a greased loaf pan. Bake for about 50 min – 1 hour. Ovens vary, mine usually takes 50 minutes. You can also do the toothpick test in the center of the loaf, if it comes out clean it should be ready. Remove from oven and let cool for 10 min before slicing.

Original: In a medium/large size bowl, combine flour, sugar, baking powder, baking soda and salt, set aside. In a medium bowl, mash bananas. Add the oil, vanilla and bananas to the dry ingredients and mix until combined, do not overmix. If mixture seems too thick, add the almond milk (especially if using heavier flours such as whole wheat or whole spelt, you're more inclined to need it).

Pour batter into a greased loaf pan. Bake for about 50 min – 1 hour. Ovens vary, mine usually takes 50 minutes. You can also do the toothpick test in the center of the loaf, if it comes out clean it should be ready. Remove from oven and let cool for 10 min before slicing.

Store covered on the counter for up to 3 days or in the refrigerator up to 1 week. Keep in the freezer for up to 2 months. Thaw the wrapped loaves overnight in the refrigerator. Reheat in the microwave or a toaster oven with a door.

notes

No baking soda, no worries. I've stopped using baking soda in this recipe, sticking with only 2 teaspoons baking powder with great results, but I have left the baking soda in the recipe because I know some may prefer to add it as it does also help brown the top of the loaf. Just know that if you don't have it on hand, you'll be fine

just using baking powder only.

Oil-free or reduced oil. I have made this replacing the oil with unsweetened apple sauce and it was just as good. Loaf was a little denser and didn't rise as much, but the flavor was still great. I've also played around with using half oil and half unsweetened almond milk (equalling 1/3 cup) with excellent results!

If using coconut oil, be sure it's warmed and in its liquid state. My preferred oils for this recipe are either light flavored olive oil or coconut oil.

Boost of flavor. Add up to 1 teaspoon of cinnamon to the dry ingredients for a different flavor.

Add nuts or seeds. Try adding toppings like walnuts, sesame seeds, rolled oats, sunflower seeds or pecans.

Using dates: To use chopped dates using the 1 bowl method, simply add them in with all the ingredients. If using the original method, add them in with the wet ingredients. I would use about 1/3 – 3/4 cup of dates (depending on how sweet you like it), pitted and finely chopped.

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