



Makes 4 mini loaves
Preparation Time: 20 minutes
Cook Time: 55 minutes

INGREDIENTS:

½ cup chopped walnuts
1½ cups mashed ripe banana
¾ cup pitted dates
¾ cup unsweetened, unflavored almond milk
¼ cup unsweetened applesauce
2 teaspoons pure vanilla extract
1 cup speltz flour
1 cup brown rice flour
2 teaspoons ground cinnamon
1½ teaspoons regular or sodium-free baking powder
½ teaspoon baking soda
½ teaspoon sea salt

Speltz Banana Bread with Toasted Walnuts

These adorable mini loaves of banana-walnut bread are just right for **healthy snacking** or a warm breakfast treat. **Speltz flour** lends a mild nutty flavor to the loaf, while caramel-like dates add a natural sweetness that doesn't taste too sugary. Feel free to swap out the walnuts for pecans or Brazil nuts if you like those better. Happy baking!

From plants-rule.com

By Katie Simmons

- 1 Preheat oven to 350°F. Line four mini (5½ x 3½-inch) loaf pans with parchment paper. Spread walnuts in a shallow baking pan and bake 10 minutes or until toasted and fragrant. Let cool.
- 2 In a blender combine the next five ingredients (through vanilla). Cover and blend until smooth. In a large bowl whisk together the remaining ingredients. Add banana mixture to flour mixture. Stir to combine. Fold in all but 2 tablespoons of the walnuts. Divide batter among prepared loaf pans. Sprinkle with the remaining 2 tablespoons of walnuts.
- 3 Bake 40 to 45 minutes or until a toothpick inserted in the center comes out clean. Cool completely in pans on a wire rack.