

## Banana Bread

### Ingredients:

1 cup Almond Milk unsweetend  
TBL Chia Seeds  
1 & ½ cups Chickpea Flour (garbanzo bean flour)  
¼ cup Flaxseed  
1 TBL Baking Powder  
1 tea ground Cinnamon  
½ tea fine Sea Salt  
3 large, very ripe Bananas, peeled  
1/3 cup Maple Syrup  
1 & ½ tea Vanilla extract

### Directions:

In a measuring cup or small bowl, stir together the milk and chia seeds. Let stand for 20 minutes until thickened.

Preheat oven to 325 degrees. Line 3 small baking pans with parchment paper; lightly grease or spray remaining sides.

In a medium bowl, whisk together the chickpea flour, flaxseed meal, baking powder, cinnamon and salt. In a large bowl, mash the bananas until no lumps remain. Stir in the maple syrup, vanilla and chia-milk mixture until blended.

Add chickpea flour mixture to banana mixture, stirring until completely blended and no lumps remain. Spoon and spread batter into prepared pans, smoothing the tops.

Bake in the preheated oven for 42 to 47 minutes until a toothpick inserted in the center comes out with only a few moist crumbs attached. Transfer to a wire rack and cool in the pans for 10 minutes. Use parchment overhang to remove loaves from pans. Cool completely on wire rack.

### Storage:

Store the cooled breads in airtight container at room temperature for 2 days in the refrigerator for 1 week or the freezer for 3 months.