



Chocolate Chickpea Flour Banana Bread

SERVINGS: 12

PREPPING TIME: 5 MINS

COOKING TIME: 48 MINS

INGREDIENTS

1 1/4 cup or 150g chickpea flour
1/2 cup unsweetened cocoa powder
1 tsp. baking soda
1/4 tsp. sea salt
1.5 cups very ripe bananas (about 3 to 4 large)
3 tbsp. maple syrup
3 tbsp. coconut oil
2 tbsp. water
1 tsp. vanilla extract
4 tbsp. dark chocolate chips

DIRECTIONS

1. Preheat the oven to 350°F and line a 9 x 5 inch loaf pan with baking paper.
2. In a large bowl whisk the flour, cocoa powder, baking soda and salt. In another bowl stir the bananas, maple syrup, coconut oil, water and vanilla until well combined. Add the banana mixture to the flour mixture and stir until just blended.
3. Pour the batter evenly into the prepared pan and sprinkle with dark chocolate chips.
4. Bake for 43 to 48 minutes until you can insert a toothpick in the centre and it comes out clean.
5. Allow to cool in the pan for 10 mins then remove with the baking paper and allow to cool completely. Peel off the paper and slice to serve.

NUTRITION

Serving size: 1 slice

(per serving) 156.5 calories, 6.9g fat, 4.5g saturated fat, 0.2mg cholesterol, 162.2mg sodium, 22.5g carbohydrate, 3.6g fiber, 11.6g sugar, 3.6g protein