

Flaxseed Banana Bread

 Recipe	Flaxseed Banana Bread
 Baking Time	50–60 minutes
 Servings	8 slices

Ingredients

- 3 ripe bananas (natural sweetness, potassium)
- 2 cups whole wheat flour (fiber-rich)
- ¼ cup flaxseed meal (fiber + omega-3s)
- 2 large eggs or 2 flax eggs (vegan option)
- ⅓ cup honey or maple syrup (natural sweetener)
- ⅓ cup coconut oil or applesauce (lower fat option)
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1 tsp baking powder
- Pinch of salt

Instructions

1. Preheat oven to 175°C (350°F).
2. Mash bananas and whisk with honey, oil, vanilla, and eggs/flax eggs.
3. Mix dry ingredients in another bowl.
4. Combine wet and dry gently.
5. Pour into a greased 9×5 loaf pan.
6. Bake 50–60 minutes until a toothpick comes out clean.

Serving Suggestion

Spread with Greek yogurt and a drizzle of honey.

Nutrition (per slice, approx.)

Nutrient	Value
Calories	210
Fiber	4 g
Protein	5 g
Omega-3 ALA	1.2 g
Sugar	9 g