



Vegan chocolate and walnut banana bread

Ingredients

- 4 tablespoons ground flax seeds
- 6 tablespoons water
- 80ml sunflower oil or melted coconut oil
- 170g light agave syrup
- 3 very ripe bananas, mashed
- 60ml coconut milk or almond milk
- 1 teaspoon vanilla extract
- 1 ½ teaspoons baking soda
- 3 teaspoons cinnamon
- ½ teaspoon salt
- 225g plain flour
- 50g walnuts, chopped
- 75g dark chocolate, chopped (check it's suitable for vegans)

Method

- 1.** Put the ground flax seeds and water in a bowl, stir well and leave for at least 15 minutes, until the flax seeds have soaked up all the water and formed an egg-like texture
- 2.** Preheat oven to 180C/160C fan
- 3.** Grease a loaf tin and line with baking parchment
- 4.** Add all the ingredients to a large bowl and mix with an electric whisk until well combined
- 5.** Pour into the prepared loaf tin and bake for one hour to one hour and 10 minutes
- 6.** Cool in the loaf tin for 20 minutes, then transfer onto a wire rack until fully cooled