

One Bowl Pumpkin Banana Bread

2 ½ bananas, mashed (about 1 ½ cups)

½ cup pure pumpkin puree (not pumpkin pie filling)

½ cup maple syrup

1 tsp. pure vanilla extract

1 tsp. pumpkin pie spice or ground cinnamon

1 ½ cups whole wheat flour

1 tsp. baking soda

½ tsp. baking powder

¼ cup ground flaxseeds

Pinch of salt

½ cup vegan dark chocolate chips (optional)

1. Preheat the oven to 350 degrees and line an loaf pan with parchment paper.
2. Place bananas in large bowl, and using the back of a fork or a potato masher, crush them until you achieve a puree. Add the pumpkin puree, maple syrup, and vanilla to the bowl and mix until fully combined.
3. Add the rest of the ingredients, except the chocolate chips, and gently stir. You want to make sure not to overmix, or it will result in a glutinous loaf. The mixture should resemble pancake batter.
4. Stir in the chocolate chips, holding back 1 T. for topping. Pour the mixture into the prepared loaf pan and top with the remaining chocolate chips.
5. Bake for 50 minutes, or until a toothpick inserted into the center comes out clean. Remove from the oven and allow to cool to room temperature before slicing.

Recipes from *Plant You Cookbook* by Carleigh Bodrug