

Gluten-Free Banana Bread



Making gluten-free banana bread has never been easier! This soft and flavourful homemade version is perfect for individuals with [celiac disease](#) or those following a gluten-free diet. Great for breakfast, snacks, or as a thoughtful gift, it stands out thanks to its simple ingredients and comforting taste, enhanced with cranberries and walnuts. It's a recipe our dietitians often recommend to help bring variety to gluten-free meals.

Preparation 15 min

Cooking 50 min

Servings 10

Nutrition Facts (per serving)

Calories 245

Fat 11

Carbohydrates 28

Fibre 3

Protein 5

Sodium 35

Ingredients

- 3 ripe bananas, mashed
- 2 large eggs
- 125 ml (½ cup) 0% plain Greek yogurt
- 60 ml (¼ cup) canola oil

- 2.5 ml (½ tsp) pure almond extract (or vanilla)
- 375 ml (1 ½ cups) gluten-free all-purpose flour blend (such as [Lulubelle](#))
- 80 ml (? cup) unsweetened shredded coconut
- 8 ml (1 ½ tsp) baking powder
- 5 ml (1 tsp) baking soda
- 1 pinch of salt
- 80 ml (? cup) chopped walnuts
- 80 ml (? cup) dried cranberries

Preparation

1. Preheat oven to 180°C (350°F). Line a 23 x 13 cm (9 x 5 in) loaf pan with parchment paper or lightly grease it.
2. In a large bowl, add the mashed bananas. Mix in the eggs, yogurt, oil, maple sugar, and almond extract until well combined.
3. Add the gluten-free flour, shredded coconut, baking powder, baking soda, and salt. Stir gently until the batter is just combined.
4. Fold in the walnuts and dried cranberries.
5. Pour the batter into the prepared loaf pan and smooth the top.
6. Bake for 45 to 50 minutes, or until a toothpick inserted into the centre comes out clean.
7. Let cool in the pan for 10 minutes, then transfer to a wire rack.

Notes

Keeps for 5 days in the refrigerator in an airtight container, or up to 3 months in the freezer.



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