

Classic Banana Bread

This Classic Banana Bread is perfectly sweet, moist, and full of flavour!

You can enjoy this bread plain, with chopped walnuts, or even chocolate chips. Perfect for breakfast or dessert!

Prep time: 20 min

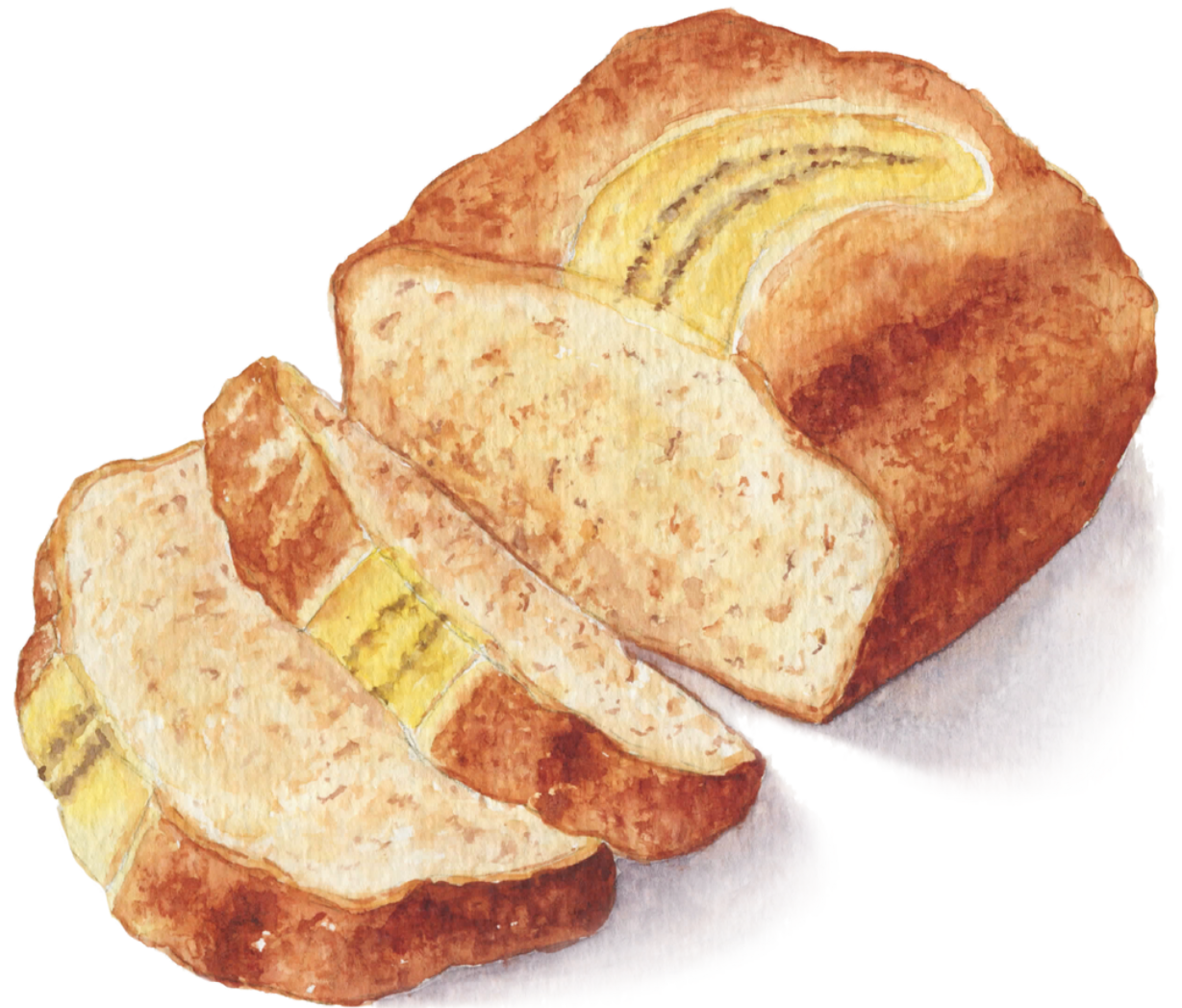
Cook time: 1 hour

Total time: 1 hour 20 min

Servings 1 loaf

INGREDIENTS

2 cups (250 grams) plain flour, spooned & levelled
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 cup (115 grams) unsalted butter softened
1/2 cup (100 grams) granulated sugar
1/4 cup (50 grams) light brown sugar packed
2 large eggs at room temperature
2 teaspoons pure vanilla extract
2 cups (440 grams) mashed banana
1/2 cup (80 grams) chopped walnuts (optional)



INSTRUCTIONS

1. Preheat the oven to 350°F (177°C). Spray a 9x5 loaf pan with nonstick cooking spray, line the pan with parchment paper, and set aside.
2. In a large mixing bowl, whisk together the flour, baking powder, baking soda, cinnamon, and salt.
3. In a bowl mix together the butter, granulated sugar, and brown sugar for 4-5 minutes or until light and fluffy.
4. Mix in the eggs and vanilla, making sure to mix well after each addition. Stop and scrape down the sides of the bowl, then add the mashed banana and mix until fully combined.
5. Add the dry ingredients to the wet ingredients and mix until just combined, making sure not to overmix the batter. Gently stir in the chopped walnuts.
6. Scoop the batter into the prepared loaf pan and spread it around into one even layer.
7. Bake at 350°F (177°C) for 55-65 minutes or until a toothpick inserted into the centre comes out clean. Tent with aluminium foil to prevent excess browning if needed.
8. Remove from the oven and allow to cool in the loaf pan for 20 minutes. Carefully remove the bread from the loaf pan and transfer it to a wire rack to cool completely.

Flourless Banana Bread Bars

These healthy 3 Ingredient Flourless Banana Bread Bars are thick, chewy, satisfying and easy to whip up! The perfect snack, breakfast, or dessert using just three ingredients! It's also naturally gluten-free, vegan, dairy-free, allergen-friendly and nut-free with a paleo option.

Prep time: 3 min

Cook time: 15 min

Total time: 18 min

Servings: 8 Bars



Ingredients

- 4 cups gluten-free rolled oats
- 6-7 bananas approximately 2 cups
- 1 cup peanut butter can sub for any nut or seed butter of choice
- 1/4 cup chocolate chips of choice Optional

For the paleo option

- 2 1/2 cups almond meal
- 4 bananas mashed
- 1/2 cup almond butter
- 1/4 cup chocolate chips of choice Optional

Instructions

1. Preheat the oven to 180C/350F and line an 8 x 8-inch pan with parchment paper and set aside.
2. In a large mixing bowl, combine all your ingredients and mix well. Fold through half your chocolate chips.
3. Pour batter into the greased baking tray and press down evenly. Top with extra chocolate chips and bake for 15-20 minutes, or until golden on the outside and firm in the centre.
4. Remove from oven and allow to cool completely before slicing into bars.

Blueberry Streusel Muffins

These blueberry muffins are soft, fluffy, and full of juicy blueberry goodness. They're finished with a sweet crunchy cinnamon streusel on a super high muffin top.

Prep time: 15 min

Cook time: 20 min

Total time: 35 min

Servings: 12

Ingredients

Muffin batter:

- 2 & 1/2 cups (315g) all-purpose flour
- 1 tbsp (13g) baking powder
- 1 tsp (5g) baking soda
- 1/2 tsp (2g) salt
- 1/2 cup (114g) unsalted butter, melted and cooled
- 1 cup (200g) granulated sugar
- 2 large eggs
- 1 cup (250ml) milk (any kind, whole or buttermilk is best)
- 1 tbsp (15ml) vanilla extract
- 1 & 1/2 cups (230g) blueberries

Streusel topping:

- 1/4 cup (50g) granulated sugar
- 1 tbsp (8g) all-purpose flour
- 1/8 tsp ground cinnamon
- 2 tsp (10ml) unsalted butter, melted

Instructions

1. Preheat the oven to 425F. Grease muffin pan with butter or spray with non-stick cooking spray.
2. To prepare the streusel; mix together the sugar, flour, and cinnamon in a small bowl. Stir in the butter, and set aside.
3. In a large bowl, whisk the flour, baking powder, baking soda, and salt together. Set aside.
4. In a medium bowl, whisk the melted butter with the sugar. Add eggs, milk, and vanilla. Mix again.
5. Add the wet ingredients to the dry ingredients and gently stir until almost combined. Fold in the blueberries until just combined.
6. Divide the batter into the 12 muffin cups, filling all the way to the top. Sprinkle with the streusel.
7. Bake for 5 minutes at 425F, then keep the muffins in the oven, reduce the heat to 375F and bake for another 15 minutes or until a toothpick inserted into the centre comes out clean.
8. Let cool in a pan on the countertop for 10 minutes. Carefully remove and transfer to wire rack.



Almond Flour Cookies

These almond flour cookies are thick, chewy, and have the perfect soft centres, they taste like real deal chocolate chip cookies! One bowl, 5 ingredients, and ready in 15 minutes!

Prep Time: 5 minutes

Cook Time: 12 minutes

Total Time: 17 minutes

Servings: 12 Cookies



Ingredients

- 2 cups almond flour blanched almond flour
- 1/2 teaspoon baking powder
- 1/4 cup butter or vegan butter, softened
- 3 tablespoon maple syrup
- 1 teaspoon vanilla extract
- 1/2 cup chocolate chips I used dairy-free chocolate chips

Instructions

1. Preheat the oven to 180C/350F. Line a large baking sheet with parchment paper and set aside.
2. In a large mixing bowl, add your almond flour and baking powder and mix well. Add your melted butter, maple syrup, and vanilla extract, and mix until combined. Using a rubber spatula, fold through your chocolate chips.
3. Form 6 large or 12 small balls of dough. Place on the lined sheet, and press down into a cookie shape. Bake the cookies for 10-12 minutes, or until just beginning to go golden around the edges.
4. Remove from the oven and cool on the baking sheet completely.

SEA SALT CHOCOLATE CHUNK COOKIES

A pinch of sea salt completes these perfectly chewy, chocolaty, crisp around the edge chocolate chunk cookies.

Prep time: 40 mins

Cook time: 15 mins

Total time: 55 mins

Servings: 20

Ingredients

- 1 cup (2 sticks) unsalted butter, softened
- 1 cup granulated sugar
- 1/3 cup dark brown sugar
- 2 large eggs
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 2 cups chocolate chunks, divided
- coarse sea salt, for sprinkling



Instructions

1. Line a rimmed cookie sheet with parchment paper and set aside.
2. In a bowl beat the butter, sugar and brown sugar until smooth. Add eggs, one at a time, until well combined. Beat in the vanilla.
3. In a medium bowl, whisk together the flour, baking soda and salt. Add to butter mixture and beat on low speed until just combined, scraping down the sides of the bowl at least once to ensure all ingredients are mixed together. Stir in 1-1/2 cups chocolate chunks.
4. Using an ice cream scoop or spoon, scoop dough into about 20 balls on the parchment-lined cookie sheet. Press a few of the remaining chocolate chunks into the top of each ball of cookie dough. Press down on the top of each ball of cookie dough gently with the palm of your hand to flatten slightly. Cover with plastic wrap and refrigerate cookie dough for at least 30 minutes.
5. Preheat oven to 350°F. Line two more cookie sheets with parchment paper or spray with non-stick cooking spray. Once cookie dough has refrigerated for at least 30 minutes, place balls of cookie dough a few inches apart on the prepared cookie sheets.
6. Bake for 13-15 minutes or until cookies start to turn golden brown and crisp around the edges, but still a little under-baked/doughy in the middle. You'll want to rotate the cookie sheets after 8 minutes of baking. Once the cookies are done baking, remove them from the oven and immediately sprinkle each cookie with a pinch of coarse sea salt. Let cookies cool for at least 10 minutes.