



Divinely chocolatey and oh so moist. Likely to have a special spot in your recipe collection.

Number of servings: One loaf makes 12 slices

Preparation time: 25 minutes

Total time: 1 hour, 35 minutes



*Allergy-Friendly
Recipe*

Double Chocolate Banana Bread

 **The
Allergy-Friendly
Kitchen**

Presented by Food Allergy Canada and Pfizer Canada



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Nutrition notes:

The generous proportion of chickpea flour increases the nutrient value of the flour blend. Canola oil is suggested as a source of omega-3 fats in this recipe. If preferred, a different oil can be used in this recipe. While very chocolatey, the caffeine content per slice is below the daily maximum for children four years and older.

Nutrition information	
Per slice (1/12 loaf)	
Amount	% Daily Value
Calories 270	
Fat 10 g	16 %
Saturated 2 g	11 %
+ Trans 0 g	
Cholesterol 0 mg	0 %
Sodium 150 mg	6 %
Carbohydrates 42 g	14 %
Fibre 3 g	12 %
Sugars 23 g	
Protein 4 g	
Vitamin A	0 %
Vitamin C	4 %
Calcium	6 %
Iron	12 %

Ingredients

Measurement		Item
¾ cup	180 mL	Brown sugar
3	3	Overripe bananas, mashed
½ cup	80 mL	Canola oil
1 cup	250 mL	Fortified rice beverage
½ tbsp	10 mL	Vanilla extract
1 ½ cup	375 mL	Chickpea flour, sifted
½ cup	125 mL	Tapioca flour, sifted
1 ½ tsp	8 mL	Xanthan gum
¼ cup	60 mL	Cocoa powder, sifted
1 tsp	5 mL	Baking powder (wheat-free)
1 tsp	5 mL	Baking soda
pinch	pinch	Iodized salt
1 cup	250 mL	Chocolate chips (milk and soy free)



* Note: Read recipes carefully to ensure you are not allergic to any ingredients.

* Reminder: Read food labels each and every time you buy something. Manufacturers can change their production process and alter their products at any time.

Preparation tips:

This loaf recipe also makes 12 muffins (cooking time approximately the same).

Instructions:

- Preheat oven to 350°F (175°C) and grease a non-stick loaf pan with baking spray or oil.
- Whisk together flours, xanthan gum, cocoa powder, baking powder, baking soda, and salt. Set aside.
- In a stand mixer or a large bowl, beat brown sugar, bananas, oil, rice beverage and vanilla until smooth.
- Slowly incorporate flour mixture until fully combined. Be sure not to over mix. Fold in chocolate chips and pour batter into the prepared pan.
- Bake for 60 minutes or until cake is slightly cracked and toothpick comes out clean.
- Remove from oven and let cool in the pan for 10 minutes. Pop out loaf and place on a cooling rack until it is cooled completely.