



Banana Bread with No Added Sugar

Why is it that so many “no sugar” banana bread recipes online... actually contain sugar?

I’m talking about the sneaky stuff—like honey, maple syrup, or coconut sugar—that sounds healthier but behaves just like plain old table sugar in the body. And don’t even get me started on sugar substitutes and artificial sweeteners packed with chemicals and mystery ingredients.

Why is it so hard to find a truly healthy banana bread recipe with no added sugar—none, zero, nada?

Out of that frustration came this: a banana bread recipe with no added sugar, no flour, no oil, no butter, and no BS. Just real ingredients your body knows how to use. I tested several versions over the last few weeks until I landed on one that tastes amazing—sweetened only by the natural sugars in ripe bananas and almonds.

Now let me be clear: this isn’t the banana bread your grandma made. It’s not as sweet, and it’s not as fluffy or fancy. But it *is* moist, satisfying, and full of flavor—and it actually nourishes your body instead of spiking your blood sugar.

This is banana bread for real life, real bodies, and real health goals. And if you’re smart (as I know you are or you wouldn’t be part of this tribe), you’ll go ahead and double the recipe. It’s even better the next day.

Ingredients

- 2 Cups Almond Meal (see cooks note below)
- 1 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1/2 tsp Ground Cinnamon
- 3 Ripe Bananas (mashed)
- 2 Large Eggs (beaten)
- ½ tsp Vanilla Powder

Procedure

1. Heat oven to 325 degrees. Spray a 9X5 baking bread pan with avocado oil spray (or grease pan with ½ tsp avocado oil).
2. In medium bowl sift together dry ingredients: almond meal, baking powder, sea salt and cinnamon. Set aside.
3. In small bowl, whisk eggs with vanilla and then blend the mashed bananas into the mix and combine with spoon. Pour egg mixture into the medium bowl with dry ingredients, and blend with spoon, just enough to combine everything.
4. Spoon bread batter into the baking pan and bake 50-55 minutes in a 325 degree oven.
5. Let cool about 15 minutes, slice and serve.

6. Store in an airtight container in the fridge. If serving the next day, it's good at room temperature, but tastes best when toasted or reheated it in the oven so it's warm.

Cooks Note: Almond *meal* is essentially ground almonds with the skin of the almonds left on the nut before being ground vs. almond *flour* where the skin is removed before the almonds are ground. Either will work in this recipe (I just happened to have almond meal on hand).

This recipe freezes well and will keep about a month without compromising the taste. It's GREAT in the toaster with a tablespoon of almond butter. Yummy!