

Foodnity Recipes

Diabetic Banana Bread – Easy Low-Sugar Recipe

15 min Prep time	**45 min** Cook time	**1 h** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 very ripe bananas, mashed
- [ ] 1 ½ cups almond flour
- [ ] ½ cup erythritol
- [ ] ¼ cup unsweetened applesauce
- [ ] 2 large eggs, lightly beaten
- [ ] ¼ cup melted butter
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp ground cinnamon
- [ ] ½ tsp ground nutmeg
- [ ] Zest of one lemon
- [ ] ¼ tsp baking soda
- [ ] Pinch of salt

Instructions

1. Preheat the oven to 350°F (175°C) and grease a 9×5-inch loaf pan with a dab of butter.
2. In a bowl, mash the bananas until smooth, then stir in the applesauce, eggs, melted butter, and vanilla.
3. In a separate bowl, whisk almond flour, erythritol, baking soda, salt, cinnamon, nutmeg, and lemon zest.
4. Gently fold the dry ingredients into the wet mixture until just combined; avoid over-mixing.
5. Pour batter into the prepared pan, smooth the top, and bake for 45-50 minutes, or until a toothpick comes out with a few crumbs.
6. Allow the bread to cool in the pan for 10 minutes, then transfer to a wire rack to finish cooling.

Nutrition per serving

210 kcal	6 g	18 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a glaze, brush the top with a light sugar-free maple syrup after baking.
- Adjust cinnamon to taste; a little goes a long way in a low-sugar loaf.
- For added moisture, replace half the butter with coconut oil.