

Low FODMAP Banana Bread with Cinnamon Swirl

Moist, tender banana bread that's gentle on your gut - perfectly sweet with a hint of cinnamon and safe for IBS sufferers to enjoy without worry.

Prep: 15 min

Cook: 55 min

Total: 70 min

Servings: 12

Low FODMAP ✓

Ingredients

Use a blend containing xanthan gum for best texture 300g gluten-free all-purpose flour blend

Regular white sugar is low FODMAP 150g caster sugar

Check label for wheat-based additives 2 teaspoons baking powder

Helps create a tender crumb 1/2 teaspoon baking soda

Enhances the banana flavor 1/2 teaspoon salt

Use bananas with brown spots - lower in resistant starch and easier to digest 3 medium very ripe bananas (about 300g peeled)

Can substitute with rice bran oil or light olive oil 100g lactose-free butter, melted

Room temperature eggs blend better 2 large eggs

Any low FODMAP milk alternative works 60ml lactose-free milk

Pure vanilla extract is low FODMAP 1 teaspoon vanilla extract

Low FODMAP in this quantity 1.5 teaspoons ground cinnamon

For the cinnamon swirl - can substitute with coconut sugar 40g brown sugar

Instructions

Step 1: Prepare Your Pan and Oven

(5 min)

Preheat your oven to 175°C (350°F). Grease a 9x5 inch loaf pan thoroughly with lactose-free butter or line it with parchment paper, leaving some overhang on the sides for easy removal later. This step is crucial for preventing sticking with gluten-free batters.

Step 2: Mix the Dry Ingredients

(3 min)

In a large mixing bowl, whisk together the gluten-free flour, caster sugar, baking powder, baking soda, and salt until well combined. Make sure there are no lumps in the flour blend. This ensures even distribution of leavening agents throughout your bread.

Step 3: Combine the Wet Ingredients

(5 min)

In a separate medium bowl, mash the very ripe bananas with a fork until mostly smooth with just a few small lumps remaining. Add the melted lactose-free butter, eggs, lactose-free milk, and vanilla extract. Whisk everything together until well combined and the mixture is relatively smooth.

Step 4: Create the Batter

(3 min)

Pour the wet ingredients into the bowl with the dry ingredients. Using a spatula or wooden spoon, gently fold everything together until just combined. The batter should be thick and slightly lumpy - don't overmix or your bread will be tough. A few streaks of flour are perfectly fine.

Step 5: Add the Cinnamon Swirl

(4 min)

In a small bowl, mix together the cinnamon and brown sugar. Pour half of the banana bread batter into your prepared loaf pan and smooth the top. Sprinkle half of the cinnamon-sugar mixture over this layer. Add the remaining batter on top, smooth it out, then sprinkle with the rest of the cinnamon sugar. Use a butter knife to gently swirl the cinnamon through the batter in a figure-eight motion, being careful not to overmix.

Step 6: Bake to Perfection

(55 min)

Place the loaf pan in the preheated oven and bake for 50-60 minutes, or until a toothpick inserted into the center comes out clean or with just a few moist crumbs. The top should be golden brown and spring back lightly when touched. If the top is browning too quickly, tent it loosely with aluminum foil during the last 15 minutes of baking.

Step 7: Cool and Serve

(30 min)

Remove the banana bread from the oven and let it cool in the pan for 10 minutes. Then carefully lift it out using the parchment paper overhang or by inverting onto a wire rack. Allow it to cool for at least 20 more minutes before slicing - this helps the texture set properly. Serve warm or at room temperature, optionally spread with lactose-free butter. Store wrapped in plastic wrap at room temperature for up to 3 days, or freeze slices for up to 3 months.