



Banana Bread with Walnut Streusel

Every time I make this banana bread, no one can believe I did it in the Instant Pot. While the Instant Pot method won't save you time, it does offer many benefits over the traditional method. Most important, it's foolproof. When I bake banana bread in the oven, five out of ten times I end up with a middle that is undercooked and edges that have browned. The even and contained heat of the pressure cooker, in contrast, ensures that the banana bread bakes perfectly each time. Second, pressure cooking is akin to baking a cake in a water bath, so the loaf ends up moist and light, fluffy and tender. The surface might appear cracked, but I promise it doesn't interfere with the taste. And finally, you don't have to turn on your oven, which means you can enjoy banana bread in the summer without turning your house into a sweaty fire pit.

The recipe is designed for a 7 3/4 inch × 3 3/4- inch loaf pan, which fits inside a 6- quart Instant Pot. If you don't have such a loaf pan, a 7- inch spring form pan also gets the job done (you just won't have the traditional loaf shape).

Course Breakfast, Dessert, Kids

Cuisine Modern

Difficulty Medium

Browse Category Breakfast, Dessert, Kid-Friendly

Duration 1-2 hours

Diet Vegan, Vegetarian

Cooking Technique Pressure Cook

Main Ingredient Almond Milk, Bananas, Flour, Vanilla

Keyword

instant pot vegan recipe, instant pot vegetarian recipes, pressure cooker recipes, vegan, vegan recipes

Servings

8 SERVINGS

Prep Time

10 MINUTES

Cook Time

50 MINUTES

Ingredients

- Cooking spray or neutral- flavored oil
for the pan 1 1/4 cups all- purpose flour, plus more for flouring the pan
- 1 teaspoon aluminum- free baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon fine sea salt or kosher salt
- 1/3 cup coconut oil melted, or a neutral- flavored oil such as sunflower oil
- 1/2 cup organic cane sugar
- 1/3 cup unsweetened plain almond milk or other nondairy milk at room temperature

- 2 tablespoons flaxseed meal
- 1 teaspoon pure vanilla extract
- 3 very ripe medium bananas mashed with a fork

WALNUT STREUSEL

- 1/4 cup rolled oats
- 1/3 cup Chopped walnuts
- 2 tablespoons all- purpose flour or almond flour
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon Scant kosher salt
- 1 1/2 tablespoons coconut oil melted
- 1 tablespoon pure maple syrup

Instructions

1. Grease a 7 3/4 inch × 3 3/4- inch loaf pan or a 7- inch spring form pan with cooking spray or oil and sprinkle with a spoon of flour. Shake to evenly distribute the flour and set the pan aside.

2. For easy removal of the pan from the Instant Pot, create a foil sling. (Alternatively, you can use oven mitts to carefully remove the pan.)

3. In a medium bowl, whisk together the 1 1/4 cups flour, baking powder, baking soda, and salt.

4. In a large bowl, whisk the melted coconut oil and sugar until incorporated. Stir in the room-temperature almond milk, flaxseed meal, and vanilla until well combined.

5. Gently stir the dry ingredients into the wet ingredients with a wooden spoon or silicone spatula until just combined, taking care to not overmix. Fold in the mashed bananas with a silicone spatula.

6. Pour the banana bread batter into the prepared pan and cover the pan tightly with foil. On the counter, place the pan on top of the steamer rack (with the handles facing up) and arrange the foil sling (if using) underneath the steamer rack. Pour 1 cup of water in the inner pot of the Instant Pot. Carefully lower the pan into the inner pot using the foil sling or steamer rack handles. A loaf pan will fit very snugly.

7. Secure the lid and set the Pressure Release to Sealing. Select the **Pressure Cook** setting at high pressure and increase the cook time to 50 minutes.

8. Meanwhile, prepare the walnut streusel: In a small bowl, mix together the oats, walnuts, flour, cinnamon, and salt. Pour in the melted coconut oil and maple syrup and fold in with a silicone spatula to evenly combine.

9. Once the 50- minute timer on the Instant Pot has completed and beeps, allow a natural pressure release.

10. Wearing oven mitts, grasp the foil sling or steamer rack handles and carefully lift the pan out of the Instant Pot. Carefully remove the foil cover without dropping condensation on the bread. Insert a toothpick to ensure the bread is done— it should come out with a few moist crumbs. If the bread needs more time, re- cover the pan with foil, place it back on top of the steamer rack, select the Pressure Cook setting at high pressure, and cook for another 5 minutes; allow a natural pressure release for 5 minutes before performing a quick pressure release.

11. Once the bread is cooked through, sprinkle the top evenly with the streusel and allow it to cool in the pan for 10 minutes on a wire rack. Then remove the bread from the pan and cool for another 10 minutes on the wire rack before cutting into slices.

Recipe Notes

TIP: Want to keep this bread nut- free? Omit the walnut streusel (the bread is delicious on its own) and use a nut- free milk such as oat milk or soy milk instead of the almond milk.