

BANANA OAT BREAD

INGREDIENTS

- 1 ½ cups **old fashioned rolled oats**
- ¼ cup **low-fat milk**
- 2 large **eggs**
- ⅓ cup **vegetable oil** (plus oil for greasing pan)
- ½ cup **sugar**
- 4 medium **bananas**
- 1 cup **whole wheat flour**
- 1 teaspoon **baking powder**
- 1 teaspoon **baking soda**
- ¼ teaspoon **salt**

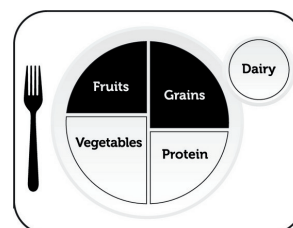
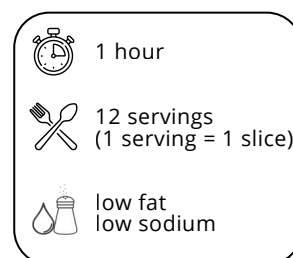
DIRECTIONS

Always practice food safety when cooking.

- 1) Preheat oven to 350 °F. Using a little vegetable oil, lightly grease the bottom and sides of a 9-inch x 5-inch loaf pan.
- 2) Mash bananas with a fork or potato masher. Set aside.
- 3) In a medium bowl, mix together the oats, milk, eggs, oil, sugar and banana. Let the mixture stand for at least 10 minutes.
- 4) Measure the whole wheat flour. See “Measuring Ingredients” (page 30).
- 5) In a large bowl, stir together the flour, baking powder, baking soda, and salt.
- 6) Add the wet oat mixture to the dry flour mixture and stir gently with a spoon to combine. Be careful not to overmix.
- 7) Pour mixture into the loaf pan and spread evenly.
- 8) Bake for 45 minutes or until a butter knife or wooden toothpick inserted into the center of the loaf comes out clean.
- 9) Remove from oven and let cool in the pan for 10 minutes.
- 10) Remove loaf from the pan and let cool completely on a rack. Slice to serve.
- 11) Wrap to store for several days or freeze for up to a month.

NOTES

- Mangoes can be used in place of bananas.
- Nuts, such as walnuts or pecans, can be added.



Nutrition Facts	
12 servings per container	
Serving size 1 slice (85g)	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 160mg	7%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 1mg	6%
Potassium 233mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Adapted from Food Hero