

BANANA-OATMEAL BREAD

Feel free to add ½ cup chopped walnuts or pecans, ¼ tsp. cinnamon, or mini-chocolate chips for extra flavor!

Makes 12 slices

Serving size: 1 slice

Ingredients

1 ½ cups all-purpose flour (or ¾ cup all-purpose flour and ¾ cup whole-wheat pastry flour)
2/3 cup sugar
1 ½ tsp. baking powder
¼ tsp. baking soda
¼ tsp. salt
¾ cup regular oats
1 cup mashed ripe banana (about 2 large)
1/3 cup yogurt
½ cup vegetable oil
1 tsp. vanilla extract
2 large eggs, lightly beaten
Cooking spray

Preparation

Preheat oven to 350 degrees.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and the next 4 ingredients (through salt) in a large bowl, stirring well with a whisk. Stir in oats. Combine mashed banana, yogurt, vegetable oil, vanilla extract, and eggs in a small bowl; add to flour mixture. Stir just until moist.

Spoon batter into an 8x4 inch loaf pan coated with cooking spray. Can also spoon batter into muffin tins. Bake at 350 degrees for 55 minutes or until a wooden pick inserted in the center comes out clean. Cool 15 minutes in the pan on a wire rack; remove from pan.

Nutritional Information per serving

Calories: 192

Total fat: 6 g

Protein: 3.8 g

Carbohydrates: 31.4 g

Fiber: 1.3 g

Cholesterol: 36 mg

Sodium: 154 mg

Calcium: 52 mg

Iron: 1.2 mg