

BANANA-OATMEAL LOAF

Feel free to add 1/2 cup chopped walnuts or pecans, 1/4 tsp.cinnamon, or mini-chocolate chips for extra flavor!

Ingredients

1 1/2 cups all-purpose flour
2/3 cup sugar
1 1/2 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
3/4 cup regular oats
1 cup mashed ripe banana (about 2 large)
1/3 cup yogurt
1/4 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; add to flour mixture. Stir just until moist.

Spoon batter into an 8x4 inch loaf pan coated with cooking spray. 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. Cool completely on wire rack.

Serves 12 (serving size: 1 slice)

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