



Cinnamon Oatmeal Banana Bread

Servings 10 | Prep time 10 mins. | Total time 1 hour 10 mins.

Equipment: 9x5-inch loaf pan, Two medium bowls

Utensils: Mixing spoon, Fork, Measuring cups and spoons, Toothpick to test

Ingredients

Non-stick spray

1 cup quick-cooking oats

1 1/2 cups all-purpose flour

2 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1 tablespoon ground cinnamon

1 1/2 cups ripe bananas, mashed (about 4 medium bananas)

2 large eggs

1/3 cup unsweetened applesauce

1/3 cup sugar

1 tablespoon vegetable oil OR canola oil

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruits.
2. Preheat oven to 350 degrees and spray a 9x5-inch loaf pan with non-stick spray.
3. In a medium bowl, mix oats, all-purpose flour, baking powder, baking soda, salt, and cinnamon. Set aside.
4. In another medium bowl, mash bananas with a fork. Then add eggs and applesauce, mix well. Next add sugar and oil and mix until combined. Add the dry ingredients from the other bowl, and mix scraping spatula along the sides to ensure no pockets of dry ingredients remain.
5. Pour the banana bread batter into prepared loaf pan and bake for 50-60 minutes or until an inserted toothpick comes out clean.
6. Allow to cool for at least 10 minutes in pan. Then remove and let sit until fully cooled before eating.

Nutritional Information:

Calories 170

Total Fat 3g

Sodium 370mg

Total Carbs 33g

Protein 4g