



Recipe of the Month—April 2015

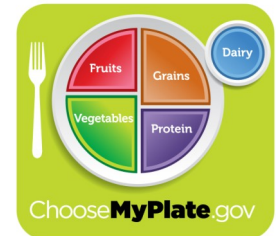
Banana Oatmeal Bread

Serves 16

Serving Size: 1 slice

Ingredients

| | |
|------------------------|--|
| 1/3 cup | oil |
| 2 | eggs , beaten |
| 2/3 cup | white sugar |
| 1 cup | all purpose flour |
| 1 cup | quick cooking oats |
| 1 1/2 teaspoons | baking soda |
| 1/2 teaspoon | baking powder |
| 1/2 teaspoon | salt |
| 1 1/2 cups | mashed bananas (4 small or 3 medium) |
| 1/4 cup | chopped raisins or nuts (optional) |
| Nonstick cooking spray | |



Make MyPlate Your Plate

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Grease or spray a 9x5 inch loaf pan.
3. Beat the oil and eggs with a mixer. Add sugar and beat until fluffy.
4. Mix flour, oats, baking soda, baking powder, and salt in a bowl.
5. Add flour mixture and mashed bananas to oil and egg mixture. Add raisins or nuts if you want. Stir until blended.
6. Pour mixture into loaf pan. Lay a piece of tinfoil over the top of the pan.
7. Bake for 50 to 60 minutes. When you poke a toothpick near the center of the bread, make sure it comes out clean.
8. Remove bread from oven and let it cool for 5 to 10 minutes. Run a knife between the bread and the sides of the pan. Turn the pan upside down on a baking rack. Cool bread before you cut it.

NUTRITION FACTS PER SERVING: 150calories, 6 g total fat (.5 g sat. fat), 25 mg cholesterol, 220 mg sodium, 23 g carbohydrates, 1 g fiber, 11 g sugar, 3 g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2015 Nutrition & Fitness Calendar*