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

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:** 150 calories, 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*