

Recipe of the Month – September 2022

Banana Oatmeal Bread

Serves: 16

Serving Size: 1 slice

Cost per Serving: \$0.12

Ingredients:

- 3 Medium or 4 small ripe bananas
- 1/3 cup oil (*canola or vegetable*)
- 2 eggs
- 2/3 cup white sugar
- 1 cup oats (*old fashioned or quick cooking*)
- 1 cup all purpose flour
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup raisins or chopped nuts (*optional*)



Directions:

1. Preheat oven to 350°F.
2. Spray a baking pan with nonstick cooking spray.
3. Peel bananas and mash with a fork.
4. Beat the oil and eggs with a mixer. Add sugar and beat until fluffy. Beat in mashed bananas.
5. Stir together oats, flour, baking soda, baking powder, and salt in a small bowl.
6. Stir dry ingredients into wet ingredients until combined. Stir in optional ingredients, if desired.
7. Pour batter into prepared pan and bake according to the chart below until a tester inserted in the center of the bread comes out clean.
8. 9-inch by 5-inch loaf pan bake for 50-60 minutes, 9-inch by 13-inch baking pan bake for 20-22 minutes, Muffin pan (makes 16 muffins) bake for 12-14 minutes.

Tips:

- If using a 9 inch by 5 inch loaf pan, lay a piece of tinfoil over the top of the pan during baking to prevent overbrowning.
- Put whole bananas in the freezer if they are dark and spotted. Thaw, peel, and mash them when you are ready to make banana bread.

Nutrition Facts per Serving: 150 calories, 6g total Fat (0.5g sat. fat), 25mg.Cholesterol, 170mg Sodium, 23g Carbohydrates, 1g Fiber, 11g Sugar, 2g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2022 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

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