



BRING YOUR BEST BANANA BREAD

Yield: 16 servings



Ingredients

- 1 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1/2 cup fat-free milk
- 1 cup mashed very ripe bananas (about 3 medium)
- 1/2 cup liquid egg substitute or 4 egg whites, lightly beaten
- 1/2 cup vegetable oil
- 2 cups all-purpose flour
- 1/4 cup sugar or heat-stable sugar substitute
- 2 teaspoons baking powder
- 1 teaspoons ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon ground nutmeg

Cooking Instructions

- Heat oven to 350°F.
- Lightly spray bottom only of 9 x 5-inch loaf pan with cooking spray.
- In medium bowl, combine oats and milk; mix well.
- Let stand 10 minutes.
- Stir in mashed bananas, egg substitute and oil until blended.
- In large separate bowl, combine flour, sweetener or sugar, baking powder, cinnamon, baking soda, salt and nutmeg; mix well.
- Add oat and banana mixture to dry ingredients all at once; stir just until dry ingredients are moistened (do not over mix).
- Pour batter into loaf pan.
- Bake 55 to 65 minutes or until wooden pick inserted in center comes out clean.
- Cool in pan on wire rack 10 minutes.
- Remove from pan and let cool completely.
- Store tightly wrapped.

*Shown with butter, banana slices and oats as optional toppings.

Nutritional Info

170 calories. Total fat 7g. Saturated fat 1g. Trans fat 0g. Cholesterol 0mg. Sodium 150mg. Total Carbohydrate 23g.
Dietary fiber 1g. Total sugars 5g. Protein 4g.

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