



Dept. of Health Education  
Tufts University

# OATMEAL BANANA BREAD

1 hour, 10 minutes  
10 Slices

## Ingredients:

- 1  $\frac{1}{4}$  c. all-purpose flour
- $\frac{1}{2}$  c. packed brown sugar
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp baking soda
- $\frac{1}{4}$  tsp baking powder
- $\frac{1}{2}$  tsp cinnamon
- 3 tsp canola oil
- 1 large egg, beaten
- 2 medium egg whites, beaten
- 3 large bananas, ripe
- 1 c. uncooked old fashioned oats



## Directions:

- Preheat oven to 350°F. Grease and flour a loaf pan and set aside.
- In a large bowl, stir together dry ingredients including oats and cinnamon.
- In smaller bowl, mash bananas with fork. Add oil and whole egg and mix thoroughly.
- Add wet ingredients to dry and mix well. Batter will be fairly thick.
- In medium bowl, with electric hand mixer, beat egg whites until medium stiff peaks form. Fold egg whites into batter in three additions.
- Pour batter into pan and bake until top of loaf is firm to touch, 45 to 50 minutes. Remove from oven and allow to cool 5 minutes in pan. Flip out and cool on wire rack 10 minutes before slicing.

**Did you know?** The banana plant is related to the orchid and lily and can grow up to 26 feet tall.

**Benefits:** Bananas are rich in potassium, which helps to maintain a healthy blood pressure. Potassium also promotes calcium absorption and can counteract the effects of too much sodium.

*Picture and recipe adapted from Joy the Baker.*

*Visit the BYL blog and website for more delicious, healthy recipes and other useful information!*

<http://sites.tufts.edu/balanceyourlife/> and <http://ase.tufts.edu/healthed/balance.htm>