OATMEAL BANANA BREAD

1 hour, 10 minutes
10 Slices

Ingredients:

• 1 ¼ c. all-purpose flour
• ½ c. packed brown sugar
• ⅛ tsp salt
• ¼ tsp baking soda
• ¼ tsp baking powder
• ⅛ 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