

**Breakfast | Snack** 

# **Healthy Banana Bread**

15 Mins **Prep Time** 

55 Mins **Cook Time** 

**Servings** 

259 Calories 12g Fat 36g Carbs 4g Protein



# **Ingredients**

1 Hr 10 Mins Total Time **○** Allergens: Eggs, Dairy 8 Servings 1/₃ Cup Canola Oil ½ Cup Honey 2 Eggs 1 Cup Bananas, ripe and mashed 🖤 1/4 Cup Milk 1 Tbsp Baking Soda 1½ Tsp Vanilla 1/2 Tsp Salt 1 Tsp Cinnamon 💔 11/3 Cup Old-Fashioned Oats **Allergen Swap** Eggs Use a commercial egg replacer or silken tofu

Dairy Use a dairy-free milk alternative, such as soy, almond,

cashew, or coconut milk

#### **Nourishment Note**



Bananas

Bananas bind water, lessening diarrhea, making them a great flare-friendly food.



**O** Cinnamon

Cinnamon may help to lower inflammation in your body, reducing symptoms associated with Crohn's disease and ulcerative colitis.



Oats

Oat flour provides a gluten-free source of soluble fiber, an important nutrient for gut health. It also slows digestion, minimizing bathroom occurrences.



### **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Prep Pan & Preheat Oven

Preheat oven to 325°F, and grease a 9x5-inch loaf pan with cooking spray.

#### 3. Prep Oats

Place oats in a blender, food processor, or coffee mill and grind to a flour-like consistency.

#### 4. Mix Ingredients

In a large bowl, mix together the oil and honey, add the eggs and beat well. Whisk in the mashed banana and milk. Blend together the baking soda, vanilla, salt, and cinnamon. Finally, mix in the oats until just combined.

#### 5. Bake

Pour batter into loaf pan and sprinkle with additional cinnamon. Bake for 50-60 minutes or until a toothpick inserted in the middle comes out clean.

### 6. Serve & Enjoy

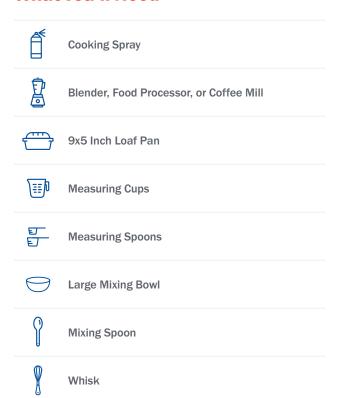
Once fully cooked, remove from oven and set to cool. Once cooled, slice banana bread and enjoy.

#### 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from cookieandkate.com

## What You'll Need



#### **Remission Remix**

 In step three, fold ½ cup walnuts into the batter after adding the oats.