

Breakfast | Snack

Healthy Banana Bread

15 Mins
Prep Time

55 Mins
Cook Time

8
Servings

 **259 Calories** **12g Fat** **36g Carbs** **4g Protein**



Ingredients

 **8 Servings**  **1 Hr 10 Mins Total Time**  **Allergens: Eggs, Dairy**

1/3 Cup Canola Oil

1/2 Cup Honey

2 Eggs

1 Cup Bananas, ripe and mashed 

1/4 Cup Milk

1 Tbsp Baking Soda

1 1/2 Tsp Vanilla

1/2 Tsp Salt

1 Tsp Cinnamon 

1 1/3 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.



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



Cooking Spray



Blender, Food Processor, or Coffee Mill



9x5 Inch Loaf Pan



Measuring Cups



Measuring Spoons



Large Mixing Bowl



Mixing Spoon



Whisk

Remission Remix

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