Avery Lawson

Junior

Grain

Shelby County

Banana Oat Bread

1 cup buttermilk, 2%
1 cup old fashioned rolled oats
2 eggs, large
½ cup yogurt, plain fat-free
2 medium-size, ripe bananas, mashed (about 1 cup)
¼ cup honey
1 tsp. Vanilla
½ cup applesauce
1 tsp. Baking soda
½ tsp. Cinnamon
1 ¼ cup whole wheat flour
½ cup walnuts, chopped
Optional add-ins: ½ cup chocolate chips or dried fruit or ¼ cup brown sugar

Directions:

1. Combine buttermilk and oats and soak at least an hour before mixing with other ingredients. Soaking overnight makes the oats more moist.
2. Preheat your oven to 350 F, and lightly grease a 9 x 5 bread pan.
3. In a large mixing bowl, lightly beat the eggs until the yolks break apart. Whisk in the yogurt, bananas, honey, and vanilla and applesauce until smooth.
4. Stir in the oats, baking soda, and cinnamon. Finally, spoon in the flour, gently stir until just combined then add the walnuts. If you're adding any optional items, add them now.
5. Pour the batter into the prepared loaf pan, spreading it out evenly. Bake for 35 minutes, or until a toothpick inserted into the center come out clean.
6. Remove the bread from the oven and let it cool in the pan for about 10 minutes before transferring it to a cooling rack to cool completely.

Preparation Time: 20 minutes
Total Time: 1 hour
Serves: 12
Cost per Serving: .50 cents
Nutritional Value: 75% Nutritional Value