

Side | Snack

Banana Bread

Side Effect: Nausea/Vomiting

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, **pasteurized**

2 Eggs, **pasteurized**

1 Cup Bananas, ripe and mashed **ψ**

1/4 Cup **Pasteurized** Milk

1 Tsp Baking Soda

1 1/2 Tsp Vanilla

1/2 Tsp Salt

1 Tsp Cinnamon

1 1/3 Cup Old Fashioned Oats

Allergen Swap

Eggs Replace the eggs with a commercial egg replacer, flax seed egg substitute, or silken tofu

Dairy Replace cow's milk with a dairy-free milk alternative such as soy, almond, cashew, or coconut

Nourishment Note



ψ Bananas

Bananas are mild in flavor, low in fiber and help to absorb water. Bananas are part of the "BRAT" diet that is often used to help fight nausea. BRAT stands for, bananas, rice, applesauce, and toast.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

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 or food processor and grind to a flour-like consistency.

4. Mix Ingredients

In a large bowl, mix together the oil, honey, and egg. 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 Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Cooking Spray



Blender or Food Processor



9x5-Inch Loaf Pan



Measuring Cups



Measuring Spoons



Large Mixing Bowl



Mixing Spoon



Whisk

Fatigue Buster

- Ask a friend or family member to help prepare this bread.
- Banana bread can be sliced and wrapped in individual portions, then stored in the freezer for up to 3 months.