Breakfast | Snack

Healthy Banana Bread

15 Mins	**55 Mins**	**8**
Prep Time	**Cook Time**	**Servings**

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

Ingredients

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

⅓ Cup Canola Oil

½ Cup Honey

2 Eggs

1 Cup Bananas, ripe and mashed 🍴

¼ Cup Milk

1 Tbsp Baking Soda

1½ Tsp Vanilla

½ Tsp Salt

1 Tsp Cinnamon 🍴

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

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

3. 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.

4. 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.

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

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.