

OATMEAL BANANA NUT BREAD

I n g r e d i e n t s

- * 1 1/4 cup whole wheat flour
- * 1/4 cup all purpose flour
- * 1/2 cup oats
- * 3/4 cup sugar
- * 1 teaspoon baking powder
- * 1/2 cup applesauce
- * 1 large egg
- * 1/2 cup vanilla yoghurt
- * 1 teaspoon vanilla extract
- * 2 medium ripe bananas
- * 1 teaspoon cinnamon
- * 1/2 teaspoon nutmeg
- * 1/2 cup chopped macadamia nuts



D i r e c t i o n s

1. Preheat your oven to 350F and lightly grease a loaf pan.
2. Mash the bananas and mix with the egg, yoghurt, sugar, applesauce and vanilla extract.
3. In a separate bowl, mix the flours, baking powder, oats, cinnamon and nutmeg together.
4. Combine dry and wet until just mixed. Fold in the nuts. Spoon the mixture into your prepared loaf pan.
5. Bake in preheated oven at 350F oven for about 1 hour. Check to see if the loaf is ready by inserting a knife or toothpick into the center of the loaf. It should come out completely clean when it's ready.
6. Allow to cool in the loaf pan for 10 minutes and then remove from the loaf pan and allow to cool on a wire rack.

TIPS: If your mixture looks to dry you can add a little more applesauce. You can replace the macadamia nuts with raisins or even chocolate chips if you don't like nuts. You can also use another type of nut like hazelnuts or walnuts.

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