

Oatmeal Banana Bread

Moist and healthy oatmeal banana bread recipe. Easy to make with simple ingredients, perfect for breakfast or snack. Ready in 75 minutes!

15 min

PREP

1h

COOK

1h 15min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Ingredients

- 3 banana
- 2 cup oat
- 1 cup honey
- 2 egg
- 1 cup unsalted butter
- 1 cup strained yogurt
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp salt

Instructions

1 Prepare for baking

Preheat oven to 175°C (350°F). Grease a 9x5 inch loaf pan with butter or line with parchment paper.

2 Make oat flour

Add 2 cups rolled oats to a food processor or high-speed blender. Process for 1-2 minutes until oats are ground into a fine, flour-like powder.

3 Prepare wet ingredients

Mash 3 very ripe bananas in a large mixing bowl until mostly smooth with just a few small lumps remaining.

- ### 4
- Add 2 beaten eggs, 1 cup melted butter, 1 cup honey, and 1 teaspoon vanilla to the mashed bananas. Stir until well combined and smooth.

5 **Mix dry ingredients**

Add the ground oat flour, 1 teaspoon baking soda, 1 teaspoon cinnamon, and 1 teaspoon salt to the wet ingredients.

6 Gently fold the ingredients together using a wooden spoon or spatula until just combined - don't overmix as this will make the bread tough. A few streaks of flour are fine.

7 **Bake the bread**

Pour batter into the prepared loaf pan and smooth the top with a spatula. Bake for 50-60 minutes until a toothpick inserted in the center comes out with just a few moist crumbs attached.

8 **Cool and serve**

Cool bread in the pan for 10 minutes, then turn out onto a wire rack. Cool completely for at least 30 minutes before slicing to prevent crumbling.

Tips

Use bananas that are very ripe with lots of brown spots - they'll be sweeter and mash more easily, creating better flavor and texture in your bread.

Don't overmix the batter once you add the dry ingredients. Stir just until everything is combined to avoid a tough, dense loaf.

Let the bread cool in the pan for 10 minutes before removing to prevent it from breaking apart while still warm and fragile.

For extra moist bread, wrap the completely cooled loaf in foil and let it sit overnight before slicing - this allows the flavors to meld and the texture to improve.

Test for doneness with a toothpick inserted in the center - it should come out with just a few moist crumbs, not wet batter.

Make your own oat flour by grinding rolled oats in a food processor until fine and powdery for the freshest flavor and best texture.

Line your loaf pan with parchment paper for easy removal, or grease thoroughly with butter and dust lightly with oat flour to prevent sticking.