



# Catholic Health Initiatives

*Imagine better health.®*

## 5-Ingredient Flourless Banana Bread

*Serves 10*

*Prep/cooking time:*

*Approximately 45 minutes*

### **Ingredients:**

3 bananas (medium ripe)

2 cups old fashioned oatmeal

2 large eggs

¼ cup pure maple syrup or honey

1 tsp. baking soda



*Healthy and Tasty*

### **Directions:**

Preheat oven to 350 degrees. Lightly grease loaf pan with non-stick cooking spray and set aside. Blend all ingredients in blender until smooth. Pour batter into loaf pan. Bake for 30 to 35 minutes or until a toothpick inserted in the center comes out clean. Let loaf cool in pan, then store in an airtight container in the refrigerator. Slice – serve – enjoy!

*Harvest of the Month*

*bananas*