



## GREEK YOGHURT, BANANA & OAT BREAD

*Breakfast or Mid-morning snack: This recipe provides a portion of starchy food.*

*Recipe adapted from: Magic Breakfast*

### Ingredients

120ml plain low-fat Greek yoghurt  
300g (3) bananas  
100g (2) eggs  
1tsp vanilla extract  
85g brown sugar  
96g plain flour  
95g wholemeal flour  
½tsp bicarbonate of soda  
125g oats

### Method

1. Pre-heat oven 160°C/320°F/gas mark 3. Grease a bread pan.
2. Beat together the Greek yoghurt, mashed bananas and the eggs one at a time.
3. Beat in the vanilla and brown sugar until combined.
4. In a separate bowl, stir together the flour and bicarbonate of soda. Add to the banana mixture and stir until just combined.
5. Gently stir in the oats.
6. Put the mixture into the bread pan and bake for 55-60 minutes or until a skewer when inserted comes out clean.
7. Remove and cool for about 10 minutes before removing from the pan and transferring to a cooling rack.

**Serving suggestion:** serve warm from the oven, or cold with a thin layer of spread.



#### Number of portions this recipe makes:

14 primary servings (66g)  
10 secondary servings (92g)



**Prep:** 20 minutes  
**Cook:** 55 minutes



#### Allergy information:

Egg, milk, oat (gluten), wheat (gluten)



#### Top Tips

Makes a great grab & go item.

#### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

Meal deals should include a starchy carbohydrate, vegetables and one portion of fruit.