GREEK YOGURT, 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
- 1 tsp vanilla extract
- 85g brown sugar
- 96g plain flour
- 95g wholemeal flour
- ½ tsp bicarbonate of soda
- 125g oats

Method

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.