



Fit Banana Bread

## **Introduction**

Banana bread is a delightful treat that many people love, but it often contains ingredients

that may not align with a healthy diet. This fit banana bread recipe offers a nutritious alternative, allowing you to indulge in this classic dessert without guilt. Packed with the natural sweetness of bananas and wholesome ingredients, it's a perfect choice for a healthy snack or a breakfast option.

## Detailed Ingredients with measures

Ripe bananas: 3 large  
Oats: 1 cup (ground into flour)  
Whole wheat flour: 1 cup  
Honey or maple syrup: 1/3 cup  
Eggs: 2  
Greek yogurt: 1/2 cup  
Baking powder: 1 teaspoon  
Baking soda: 1/2 teaspoon  
Cinnamon: 1 teaspoon  
Salt: a pinch  
Walnuts or chocolate chips (optional): 1/2 cup

## Prep Time

15 minutes

## Cook Time, Total Time, Yield

Cook time: 45-50 minutes  
Total time: 1 hour  
Yield: 1 loaf (about 10 slices)



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## **Detailed Directions and Instructions**

**Step 1: Preheat the Oven**

Preheat your oven to 175°C (350°F) to ensure it reaches the right temperature before baking.

**Step 2: Prepare the Baking Pan**

Grease a loaf pan with a little oil or line it with baking paper to prevent the bread from sticking.

**Step 3: Blend the Bananas**

In a mixing bowl, mash several ripe bananas until smooth. Make sure there are no large chunks remaining for the best texture.

**Step 4: Mix Dry Ingredients**

In a separate bowl, combine flour, baking soda, baking powder, and any desired spices (like cinnamon) to blend evenly.

**Step 5: Combine Wet Ingredients**

Add eggs, yogurt, and honey or another sweetener to the mashed bananas and mix thoroughly until all ingredients are well combined.

**Step 6: Mix Wet and Dry Ingredients**

Gradually add the dry ingredient mixture to the wet mixture, stirring gently until just combined. Be careful not to overmix.

**Step 7: Pour into the Baking Pan**

Transfer the batter into the prepared loaf pan, smoothing the top with a spatula.

**Step 8: Bake the Bread**

Place the loaf pan in the preheated oven and bake for approximately 50-60 minutes, or until a toothpick inserted into the center comes out clean.

**Step 9: Cool and Serve**

Once baked, remove the banana bread from the oven and allow it to cool in the pan for about 10 minutes. Then, transfer it to a wire rack to cool completely before slicing.

**Notes****Note 1: Ripeness of Bananas**

The riper the bananas, the sweeter your banana bread will be. Look for bananas with brown spots for the best flavor.

**Note 2: Storage Tips**

Store the banana bread in an airtight container at room temperature for up to 3 days, or refrigerate it for up to a week. It can also be frozen for longer storage.

**Note 3: Variations**

Feel free to add in nuts, chocolate chips, or seeds for added texture and flavor to the bread. Make sure to fold them in gently during the mixing process.



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## Cook techniques

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