
Super Tasty Banana Bread

Ingredients:

- 3 cups of rolled oats (this will make 2 $\frac{3}{4}$ cup oat flour)
- 3 large bananas or 4 medium bananas
- $\frac{1}{4}$ cup of unsweetened almond milk
- $\frac{1}{3}$ cup maple syrup
- 2 eggs
- 2 heaping tsp ground cinnamon
- $\frac{3}{4}$ tsp baking soda
- 1 tsp baking powder

Directions:

- Preheat oven to 350 degrees.
- In a blender, grind/process the oats into a fine flour.
- Add the bananas to a food processor and process until smooth. Alternatively, you can do this step with a fork or hand masher.
- Add the eggs, maple syrup, almond milk, oats, soda and powder to the banana mixture and process or mix until well combined.
- Pour the mixture into a standard loaf. Make sure it is either pre-oiled on the sides and bottom, or alternatively, line it with parchment paper first to make it easier to remove later and keep it oil-free.
- Let the batter sit for 5-10 minutes before baking.
- Bake for 50-55 minutes until a toothpick comes out clean.
- Let cool completely for a few hours before eating, otherwise it will be very crumbly.