



Blender Banana Bread



1/8th of recipe (1 slice): 110 calories, 1.5g total fat (<0.5g sat. fat), 189mg sodium, 25g carbs, 3g fiber, 4g sugars, 4.5g protein

Prep: 5 minutes **Cook:** 40 minutes

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Ingredients

- 2 cups old-fashioned oats
- 1 cup (about 2 medium) mashed extra-ripe bananas
- 1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
- 1/4 cup unsweetened vanilla almond milk
- 3 tbsp. Truvia spoonable no-calorie sweetener
- 2 tsp. baking powder
- 1/2 tsp. cinnamon
- 1/8 tsp. salt

Directions

Preheat oven to 350 degrees. Spray a 9" X 5" loaf pan with nonstick spray.

In a blender, pulse oats to the consistency of coarse flour.

Add all remaining ingredients to the blender. Blend until smooth and uniform, stopping and stirring as needed.

Transfer to the baking pan, and smooth out the top. Bake until a knife inserted into the center comes out clean, 35 - 40 minutes.

MAKES 8 SERVINGS

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