

Chewy Banana-Peach Bread

Serving Size 1 slice

Servings 10

Prep Time 10 min

Cook Time 1 hour



Nutrition Information

Calories	184.5
Fat	7 g
Saturated fat	1.2 g
Polyunsaturated fat	1 g
Monounsaturated fat	4.3 g
Cholesterol	32.7 mg
Sodium	151.9 mg
Carbs	31.2 g
Fiber	1.2 g
Protein	2.9 g

Health Benefit

[Low Calorie](#)

Ingredients

3 [medium overripe bananas](#), mashed

1 1/2 cup [oat flour](#) (see directions below)

1/2 teaspoon [cinnamon](#)

1 1/2 teaspoons [baking powder](#)

1/2 teaspoon [baking soda](#)

2 [eggs](#), beaten

1/2 cup [agave nectar](#)

1/4 cup [light brown sugar](#)

1/4 cup [extra virgin olive oil](#)

1 tablespoon [plain Greek yogurt](#)

1/2 cup [peaches](#), chopped (fresh or canned in water and drained)

Pinch of [salt](#)

Honey and [Greek yogurt](#) for garnish

Directions

1. To make oat flour: Blend 1 1/2 cups rolled oats in a food processor or blender for 60 seconds or less until it reaches a floury consistency.
2. In a large bowl, mash bananas with a fork and set aside.
3. Preheat oven to 350 °F. Grease a glass rectangular baking dish and dust with flour.
4. In a medium bowl, combine the oat flour, cinnamon, baking powder, baking soda, and salt.
5. Add the beaten eggs, agave nectar, brown sugar, olive oil, and Greek yogurt to the banana mixture and whisk together.
6. Combine wet and dry ingredients until just combined and stir in peaches. Transfer to a baking dish, and bake in the oven for an hour. Remove from heat and cool before eating. Serve with honey and Greek yogurt, optional.
7. Handy Hint: Be careful not to over-mash bananas, which will create a runny batter. Your banana mixture should be slightly lumpy, so don't stress if they don't appear pureed.

Jackie Gentilesco