



Coconut Banana Bread



1/8 of recipe (1 slice): 125 calories, 2.5g total fat (1g sat. fat), 198mg sodium, 26.5g carbs, 3.5g fiber, 5g sugars, 4.5g protein

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Prep: 10 minutes **Cook:** 40 minutes



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Ingredients

2 cups old-fashioned oats
1 cup (about 2 medium) mashed extra-ripe banana
1/2 cup (about 4 large) egg whites or liquid egg substitute
1/4 cup unsweetened vanilla almond milk
3 tbsp. natural no-calorie granular sweetener that measures like sugar
2 tsp. baking powder
1 1/2 tsp. coconut extract
1/2 tsp. cinnamon
1/8 tsp. salt
3 tbsp. sweetened shredded coconut, divided

Directions

Preheat oven to 350°F. 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 except shredded coconut to the blender. Blend until smooth and uniform, stopping and stirring as needed.

Stir in 2 tbsp. coconut. Transfer batter to the loaf pan and smooth out the top.

Top with remaining 1 tbsp. coconut. Bake until a knife inserted into the center comes out clean, 35-40 minutes.

MAKES 8 SERVINGS

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