

BREAKFAST

Banana-Oat Quick Bread

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	16	\$0.18	167 kcal

Banana-Oat Quick Bread might be just the breakfast you are searching for. One portion of this dish contains roughly 3g of protein, 5g of fat, and a total of 212 calories. For 18 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals. This recipe serves 16.

Ingredients

- ☐ 2½ teaspoons baking powder
- ☐ ¾ cup packed brown sugar
- ☐ ¼ cup egg substitute or 2 large egg whites
- ☐ ½ cup low-fat buttermilk
- ☐ 1 cup quick-cooking oats
- ☐ 2 teaspoons butter or stick margarine
- ☐ 2 tablespoons coarsely chopped walnuts
- ☐ 1 cup mashed ripe banana
- ☐ 2 tablespoons brown sugar
- ☐ 1½ cups all-purpose flour
- ☐ ¼ cup quick-cooking oats
- ☐ ¼ teaspoon salt
- ☐ ¼ cup vegetable oil

EQUIPMENT Bowl, Frying pan, Oven, Knife, Wire rack, Loaf pan, Measuring cup

Method

- 1

Preheat oven to 35
- 2

Lightly spoon flour into dry measuring cups, and level with a knife.

- 3 Combine flour and next 4 ingredients (flour through salt) in a large bowl; make a well in center of mixture.
- 4 Combine banana, buttermilk, oil, and egg substitute in a bowl; add to flour mixture. Stir just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.
- 5 Combine 1/4 cup oats, walnuts, 2 tablespoons brown sugar, and butter, and sprinkle over batter.
- 6 Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition per serving

167	3 g	5 g	28 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.9 g · 5% of daily needs
Fibre			1.2 g · 5% of daily needs
Sugar			13.2 g · 15% of daily needs
Sodium			131 mg · 6% of daily needs
Cholesterol			0.3 mg · 0% of daily needs
Vitamin C			0.9 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/banana-oat-quick-bread-142998