

Oatmeal Banana Bread

Yield: 2 loaves, 12 slices each

Ingredients:

5 cups all-purpose flour
1 cup sugar
2½ tablespoons baking powder
2 cups old-fashioned oatmeal (uncooked)
4 bananas, mashed
3 eggs, beaten
1/3 cup vegetable oil
2½ cups buttermilk
2 cups currants or raisins, soaked in warm water
for 15 minutes and drained

Procedure:

Mix together first four ingredients and set aside. In a large bowl, combine remaining ingredients and then stir in flour mixture. Divide between two 9x5 loaf pans

one serving
(a 3/4-inch-thick
slice) contains
about 250
calories and
4.7 grams of fat

that have been greased with vegetable shortening. Bake at 350 F for 65 minutes.

**This recipe also provides
B vitamins, iron, calcium
and soluble fiber.**



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