

Banana Bread

★ Easy 1 hour 12 Slices

Tips: Full recipe has more sugar and coconut oil, but as I am not much into sugar and fats, I just cut wherever I can; I cut in slices and freeze, so I can have it one at the time when I feel like it

INGREDIENTS

- 5 ripe bananas
- 2 spoons of coconut oil
- 4 eggs
- ½ cup of nuts
- 2 cups of oats
- 1 sachet of yeast
- ¼ cup of brown sugar
- Cinnamon

PREPARATION

1. Smash the bananas
2. Mix all together in the bananas, eggs and the nuts
3. In a separate bowl mix the oat, yeast and cinnamon
4. Mix all together
5. Put in a tin lined with baking paper
6. Bake for about 45 minutes

