

Nana-Pumpkin Oat Bread

Ingredients:

½ cup oat flour (whole grain)

½ cup whole wheat flour

2 tbsp ground flax meal

1 tsp baking soda

3 tsp cinnamon

2 tsp nutmeg

¼ tsp salt

¼ cup unsalted butter, softened

½ cup Honey or pure Maple Syrup

2 eggs

1/3 cup plain Greek yogurt

1 ½ ripe bananas

1 cup pureed pumpkin

2 tsp pure vanilla extract

¼ cup chopped organic walnuts or pecans



Combine flours, flax, soda, cinnamon, nutmeg and salt in a medium bowl and set aside. In a large bowl cream butter until whipped then beat in eggs (one at a time), yogurt and vanilla. In a small bowl mash banana, pumpkin and honey together. Beat nana-pumpkin mix into butter mix. Fold dry ingredients into the wet mixture until combined, batter will be thick. Fold in the nuts and pour into a buttered loaf pan. Bake for about 50 minutes in a 350 degree F oven. A tooth pick should come out clean when poked into the center. Enjoy!