

Strawberry Banana Bread – Vegan – SOS

Prep Time: 20 minutes
Cook Time: 60 minutes
Total Time: 1 hour, 20 minutes

Serving Size: 8
Calories per serving: 214
Fat per serving: 3 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p-156.

Ingredients

- 2 pints fresh strawberries
- 3 bananas, mashed
- 4 cups oat flour (can be oatmeal ground in a blender or food processor)
- 1/2 teaspoon cinnamon
- 1/4 teaspoon allspice
- 2 1/2 teaspoons baking powder

Instructions

1. Preheat the oven to 300° F. Juice the strawberries in a juicer to make 1 cup of juice, or blend in a blender and strain.
2. Blend the bananas and strawberries juice in a food processor until smooth.
3. Mix the dry ingredients in a medium mixing bowl, and add to the food processor in 2 batches, blending each time until just mixed.
4. Pour into a nonstick loaf pan. Sprinkle a few rolled oats on top, if you like.
5. Bake for 60 minutes. Allow to cool completely before slicing.

Notes

Nutrition facts (per serving): Calories: 214, from fat: 25, total fat: 3g, cholesterol: 0mg, sodium: 4mg, total carbohydrate: 43g, fiber: 5.5g, sugar: 1g, protein: 7.3g.