

Healthy 5-Ingredient Flourless Banana Bread

Yield: 10 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-gut-healthy-recipe-books>

Ingredients:

- 3 bananas medium ripe
- 2 cups old-fashioned rolled oats
- 2 large eggs
- 1/4 cup pure maple syrup
- 1 teaspoon baking soda

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 40 milligrams
4. Fat: 2 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. Sodium: 140 milligrams
8. Sugar: 9 grams

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