

Brain-Boosting Banana Bread Recipe

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A Recipe for Mental Health

Ingredients

- 3 ripe bananas, mashed
- 1/3 cup melted coconut oil or unsalted butter
- 1/2 cup Greek yogurt
- 2 eggs
- 1/2 cup honey or maple syrup
- 1 tsp vanilla extract
- 1 cup oat flour
- 1/2 cup whole wheat flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 cup walnuts, chopped
- 1/2 cup dark chocolate chips
- 1/4 cup pumpkin seeds

Instructions

1. Preheat oven to 350°F (175°C). Grease a 9x5 inch loaf pan.
2. In a large bowl, combine bananas, oil/butter, yogurt, eggs, honey, vanilla.
3. Mix oat flour, wheat flour, baking soda, salt, cinnamon. Combine with wet ingredients.
4. Fold in walnuts, chocolate chips, pumpkin seeds. Pour into pan, sprinkle some on top.

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5. Bake 50-60 mins. Cool in pan 10 mins, then on wire rack.

Nutritional Values (per serving):

- *Calories: 210*
- *Fat: 8g (Saturated 3g, Trans 0g)*
- *Cholesterol: 25mg*
- *Sodium: 200mg*
- *Carbohydrates: 32g (Fiber 4g, Sugars 16g)*
- *Protein: 5g*
- *Vitamin D: 0.2mcg*
- *Calcium: 20mg*
- *Iron: 1.2mg*
- *Potassium: 250mg*