

Flaxseed Banana Bread (No Refined Sugar)

Ingredients

- 2 ripe bananas, mashed
- 2 eggs
- ¼ cup ground flaxseed
- 1½ cups oat flour
- 2 tbsp honey or maple syrup
- 1 tsp baking powder
- 1 tsp cinnamon

Instructions

1. Preheat oven to 350°F (175°C).
2. Mix wet ingredients in one bowl, dry in another.
3. Combine and pour into a loaf pan.
4. Bake for 35–40 minutes or until a toothpick comes out clean.
5. Let cool before slicing.

Health Benefits

- Flaxseed: Improves digestion and hormonal health
- Bananas: Energy and potassium

- Oat flour: Gentle on blood sugar and heart-healthy