

# Banana and Zucchini Bread

No. of Serves: 8



## Ingredients

- 2 ½ cups of oats blended into flour
- 5 ripe medium bananas
- 1 medium zucchini (grate and squeeze water out with hands)
- 1 tbsp. flaxseed
- 1 tbsp. orange zest
- 2 tbsp. olive oil
- 1/3 cup honey or maple syrup
- 1 ½ tsp. baking powder
- 1 tsp. cinnamon

## Optional extras

- 1 tbsp. desiccated coconut
- Banana slices

## Method

- To see the method for the [Banana and Zucchini Bread](#) and for more healthy eating ideas, please visit [Smart Eating for a Healthier You](#) on the Dietitians Association of Australia website.