



Poppy Oat Bread



Gluten and Sugar-Free One Loaf Pan

I came across a version of this sweet bread on Instagram, but it was not as Ella (me) friendly as I needed or wanted it to be. So, I made several tweaks and adjustments, and how lucky are you to have another healthier option when you need something something next to your tea or coffee, or even a quick morning breakfast or a night-night snack.

- ♥ 1 $\frac{3}{4}$ cup oatmeal flour (I blend/grind my old-fashion oats as needed)
- ♥ 3 eggs
- ♥ $\frac{3}{4}$ cup yogurt (I use European but Greek will also do)
- ♥ 1 big frozen banana (thawed out, or 1 $\frac{1}{2}$ medium size)
- ♥ 3 tbsp. poppy seeds
- ♥ Zest from 1 orange and 1 lemon
- ♥ Orange juice from 1 orange and a little bit from the lemon
- ♥ Pinch of salt
- ♥ 1 $\frac{1}{2}$ tsp. baking powder
- ♥ Coconut oil for oiling the loaf pan

For serving:

- ♥ Grass fed butter
- ♥ Sustainable local honey

1. Preheat the oven to 350 degrees.
2. In a bowl, whisk all the ingredients until smooth (excluding the butter and honey).
3. Pour into the oiled loaf pan.
4. Bake 40-45 minutes (until stable and fully baked in the middle, but still soft and moist).
5. Smear with butter and honey (not to be missed!).
6. Enjoy!

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