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Banana-Oat Snack Cake ♦♦

A delicious and healthy snack cake made with ripe bananas and oats. Perfect for a quick and easy snack or breakfast on the go.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

300 g	Ripe bananas
200 g	Oats
50 g	honey
1 tsp	vanilla extract
1 tsp	baking powder
0.5 tsp	salt

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C). Grease a baking dish.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, mash the ripe bananas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add the oats, honey, vanilla extract, baking powder, and salt to the mashed bananas.

Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Pouring

Pour the mixture into the greased baking dish and spread it evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Bake in the preheated oven for 30 minutes or until golden brown.

Prep Time: 0 mins

Cook Time: 30 mins

Step 6

Cooling

Remove from the oven and let it cool before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 2 g

Protein: 4 g

Carbohydrates: 32 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	32 g	58.18%	64%
Fibers	4 g	10.53%	16%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Meal Type

Snack

Supper

Difficulty Level

Easy

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