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3 Ingredient Healthy Oat Bread

This healthy oat bread is made with just 3 easy ingredients. It doesn't contain any yeast, wheat flour, oil, sugar, or eggs.

servings: **12 SLICES** prep time: **5 MINS** cook time: **40 MINS**
 total time: **45 MINS**



Ingredients

- 3 cups (276 grams) oat flour
- 2 tbsp (28 grams) baking powder, aluminum-free
- 12 oz (1 1/2 cups) plain whole milk yogurt

Instructions

- 1 Preheat oven to 350°F. Grease and line an 8 x 4 inch baking loaf pan with parchment paper. If you don't have this size baking pan see notes for other options.
- 2 In a large mixing bowl add oat flour and baking powder. Whisk until baking powder is evenly incorporated into the flour. If desired, you can also mix in 1/2 tsp salt. This will not affect the bread texture but will add a little more flavor to the bread. If you are trying to make a sweet bread, don't add the salt.
- 3 Add in the yogurt. When adding in the yogurt, make sure to not drain out any of the liquid from the yogurt that may be at the top. You want to use that liquid in the bread. Use a spatula to slowly add the yogurt into the batter. Keep folding in the yogurt until it is evenly and completely incorporated. Your dough should be very thick and very sticky.
- 4 Scrape your dough into the prepared baking pan. Use the spatula to help evenly spread the dough across the pan. Dampen your fingers with a tiny bit of water and then lightly press on the surface of the bread to smooth out the dough. If desired, sprinkle about 1 tbsp of rolled oats across surface and gently press the oats slightly into the surface of the bread so that they stick when baking.
- 5 Bake bread for about 40-45 minutes. The bread should be lightly browned on top and when you press on the surface it should bounce back and not sink in. Let bread cool before cutting and serving. Bread can be toasted or eaten as is with your favorite spread.

Notes

- I use the spoon and level method to measure the oat flour for this recipe. This means you lightly spoon the flour into a dry measuring cup and then level it off. Because of this, the weighted amount listed in the recipe will differ from what's listed on the package (you can see the brand I use in the 5th bullet point in the notes). When you use the spoon and level method, you end up with less flour. If you scoop the flour directly from the package, you will end up with more which will change the texture of the bread.
- I don't recommend using a loaf pan bigger than 8 x 4 inches because your loaf will be too flat. If you don't have an 8 x 4 inch pan you can do a free form round loaf. You can also make small bread rolls (but you will need to reduce baking time).
- I have only tested this bread with whole milk yogurt but I think any other yogurt like low fat or fat free should work. I also think dairy-free yogurts should work.
- I like adding some salt for a little more flavor but it does not affect the outcome of the bread. If you would like to make a sweet bread instead, you can add a little honey or other sweetener to the dough and use a flavored yogurt instead of plain.
- I used this oat flour.* You can also make your own oat flour with rolled oats. See the post for more details.
- Recipe measurements are using US measurements.
- **This product link is an affiliate link. This means I earn a small commission from qualifying purchases (at no extra charge to you).*

The nutrition information provided are only estimates based on an online nutritional calculator. This is not a comprehensive list of all the nutrients in the recipe (i.e., does not include vitamins, cholesterol, etc). I am not a certified nutritionist. Please consult a nutritionist or doctor for accurate information and any dietary restrictions and concerns you may have.

