

BANANA & BLUEBERRY BREAD

INGREDIENTS

- 3/4 C** Buttermilk (nonfat or low-fat)
- 3/4 C** Coconut sugar
- 1/4 C** Canola oil **OR** applesauce
- 1/2 C** Egg substitute **OR** 2 large eggs
- 1 C** Bananas (about 3 medium) (ripe) (mashed)
- 1 1/4 C** Whole-wheat pastry flour
- 1 C** Flour of your choice **OR** use the whole-wheat pastry flour
- 1 1/2 t** Baking powder
- 3/4 t** Cinnamon
- 1/2 t** Baking soda
- 1/2 t** Salt
- 1/4 5** Nutmeg
- 1 1/4 C** Blueberries (fresh or frozen)
- Non-stick cooking spray



DIRECTIONS

- 1 Pre-heat oven to 375°F.
- 2 Coat a 9-by-5-inch loaf pan with cooking spray
- 3 Whisk buttermilk, coconut crystals, oil & egg substitute in a large bowl
- 4 Stir in mashed bananas
- 5 Whisk flour, baking powder, cinnamon, baking soda, salt & nutmeg in another bowl
- 6 Fold the dry ingredients into the wet ingredients & stir until just combined
- 7 Fold in blueberries & pour the batter into your loaf pan
- 8 Bake until the top is golden brown (50 - 60 minutes)
- 9 Insert a toothpick in the center to check if bread is done
- 10 When the toothpick comes out clean, cool the pan for 10 minutes & then put onto a cooling rack
- 11 Cook for 2 hours before slicing into 10 servings

NOTE

You can also use this recipe to make Blueberry Banana Muffins
Changes are:

- 1 Pre-heat oven to 400 F
- 2 Coat 12 muffin cups with cooking spray or line with paper liners
- 3 Divide the batter among the muffin cups
- 4 Bake until the tops are golden brown (20 - 25 minutes)
- 5 Do the same check with a toothpick as for the bread & then cool for 10 minutes
- 6 Cool on a wire rack for at least 10 minutes before serving



