

# Blueberry Banana Bread



## Ingredients

1  $\frac{3}{4}$  c whole wheat flour  
1 tsp baking soda  
1 tsp ground cinnamon  
1/8 tsp salt

3 ripe bananas mashed (1  $\frac{1}{2}$  cups mashed)  
2 eggs, cracked into a bowl  
 $\frac{1}{2}$  c maple syrup  
 $\frac{1}{4}$  c Greek yogurt  
1 tsp vanilla extract

2 tbsp melted coconut oil

1  $\frac{1}{2}$  cups dried blueberries divided.

## Directions

Preheat oven to 350 °. Spray bread pan (3x7) with nonstick spray.

Mix flour, soda, cinnamon and salt together. In a separate bowl mash banana, add eggs, syrup, yogurt and vanilla. Thoroughly blend then add dry ingredients in two batches. Pour in the coconut oil and 1 cup of blueberries. Scrap batter into prepared pan, smooth top and sprinkle  $\frac{1}{2}$  cup of blueberries across the top. Bake at 350 ° for 45-50 min.

When toothpick inserted in the center comes out clean- remove from oven, let cool at least 10 minutes before removing from pan .

## Nutritional Information

Calories per serving 195  
Total Fat 4g  
    Saturated Fat 2g  
Cholesterol 33mg  
Sodium 132mg  
Total Carbohydrates 33g  
    Dietary Fiber 1.8g  
Protein 6.8g

Servings 12