

# Blueberry Banana Bread

12 ingredients · 1 hour · 10 servings



## Directions

1. Preheat oven to 350°F (177°C).
2. Combine the dry ingredients in a mixing bowl and mix well. In a separate mixing bowl, mash the bananas with a fork until a creamy consistency forms. Add in the oil, eggs and maple syrup and mix well. Pour the dry ingredients in with the wet ingredients and mix well.
3. Gently fold in your fresh or frozen blueberries with a spatula. Distribute the blueberries evenly throughout the batter, but be careful not to over mix as this will break the berries and cause your bread to turn purple. (It will still taste just as good but may not look as pretty!)
4. Line a loaf pan with parchment paper and pour in the batter. Bake in oven for 45 - 50 minutes. Test if it is cooked through by sticking a toothpick in the middle. If it comes out clean, the bread is done. When fully cooked, lift the parchment paper out of the pan and let cool before slicing. Enjoy!

## Notes

### Make it Portable

These can easily be made into muffins by baking in a muffin tin instead of a loaf pan.

## Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1 tbsps Ground Flax Seed
- 1 tbsps Hemp Seeds
- 2 Banana (mashed)
- 2 tbsps Extra Virgin Olive Oil
- 3 Egg (whisked)
- 1/4 cup Maple Syrup
- 1 cup Blueberries

## Nutrition

Amount per serving

Calories	181	Vitamin A	105IU
Fat	11g	Vitamin C	4mg
Carbs	18g	Calcium	47mg
Fiber	3g	Iron	1mg
Sugar	10g	Vitamin B12	0.1µg
Protein	6g	Magnesium	50mg
Sodium	273mg	Zinc	0mg