

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

Nutrition

Amount per serving

Calories	213	Cholesterol	56mg
Fat	14g	Sodium	273mg
Saturated	2g	Vitamin A	105IU
Carbs	19g	Vitamin C	4mg
Fiber	4g	Calcium	56mg
Sugar	10g	Iron	2mg
Protein	7g		