

Banana and Blueberry Loaf



Photo credit: Recipe produced in conjunction with Nutrition Australia Queensland (www.naql.org).

Serves 12

A delicious treat that's good for you! Tuck into this banana and blueberry loaf for a dose of healthy and happy. Or how about making muffins for the perfect snack on the go!

Ingredients

- 2 ¼ cups wholemeal self-raising flour
- 1 teaspoon bi-carb soda
- 1 tablespoon ground cinnamon
- 1 cup milk
- ¼ cup pure vegetable oil
- 2 eggs
- 2 teaspoons vanilla extract
- 4 medium ripe bananas, mashed
- 1 ½ cups blueberries, fresh or frozen

Method

1. Preheat oven to 180°C. Line a large loaf tin with baking paper.
2. Combine the flour, bi-carb soda and cinnamon in a large mixing bowl.
3. In a separate bowl, whisk together the milk, oil, eggs, vanilla and mashed bananas.
4. Add the wet ingredients to the dry ingredients and mix to combine.
5. Gently fold in the blueberries.
6. Pour the mixture into the prepared loaf tin and lightly smooth the surface.
7. Bake in the oven for approximately 1 hour or until a skewer comes out clean.
8. Cool the loaf in the tin for approximately 5 – 10 minutes and then turn out onto a wire rack.

Recipe notes

- Store in an airtight container for up to 3 days or store slices in the freezer for up to 1 month.
- Mix up the berries – choose those in season or what's available, like fresh or frozen raspberries or diced strawberries.

You can find the recipe at:

<https://hw.qld.gov.au/blog/boost-your-recipes/banana-and-blueberry-loaf/> and a video of how to make the recipe at: https://youtu.be/5cRtSB_cYU0.

For more great recipes, see

<https://hw.qld.gov.au/blog/boost-your-recipes/>.