Banana & Blueberry Bread

8 | 60mins | 95kcal

3.5g Protein | 15g Carbs | 3g Fibre | 2.2g Fat

INGREDIENTS

- 2 small bananas
- 1 large handful of blueberries
- 2 medium free range eggs
- 1 tsp baking powder
- 135g wholemeal flour (or coconut flour)
- 1 tsp vanilla extract
- 100ml unsweetened coconut milk and 0% fat free greek yoghurt
- 2 tbsp maple syrup (optional!)

INSTRUCTIONS

1) Pre-heat your oven to 180 C. Line a loaf tin with baking paper
2) In a large bowl, mash the bananas well and add in the cracked eggs, coconut milk/yoghurt, vanilla extract and maple syrup
3) In a separate bowl, mix the flour & baking powder
4) Slowly stir the dry ingredients into the wet until fully combined. If using coconut flour - be mindful it expands quite a bit and the batter will be thick
5) Fold in the blueberries and transfer the entire mixture into the loaf tin and spread it out evenly
6) Bake for around 50 minutes, checking halfway through - cover the top with baking paper if the top is browning too soon
7) Leave to stand for 10 minutes before removing from the tin, serve and enjoy!

Check out my website for meal plans and more recipes www.myfitzone.co.uk

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