

# Blueberry and banana bread



Makes 9 serves

## Ingredients

- olive or canola oil spray
- 4 ripe bananas, peeled
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  cup low-fat milk
- 2 eggs
- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 1 tsp ground cinnamon
- 1 cup frozen blueberries

## Method

1. Preheat oven to 220°C (200°C fan forced). Spray a 20 x 10cm loaf tin with oil; line base and sides with non-stick baking paper.
2. Reserve one whole banana for presentation and mash remaining 3 bananas in a large bowl ( $1\frac{1}{2}$  cups mashed).
3. Add sugar, milk and eggs and mix with a fork until well combined.
4. Sift flours and cinnamon on top of banana mixture, returning husks from the sieve to the bowl. Mix ingredients together until just combined, taking care not to over-mix, then gently fold through blueberries.
5. Spoon mixture into prepared loaf tin and smooth the surface. Slice remaining banana thinly and overlap slices through the centre of the loaf.
6. Bake for 35-40 minutes then cover with foil and bake for a further 20 minutes. Centre of loaf will remain moist but not wet when tested with a skewer. Allow to cool in tin for 5 minutes then turn onto a wire rack.
7. Cut into 1cm slices and toast before serving, if desired.

As cakes go this is a great alternative to your traditional cake. For snacks it is best to keep to 400 – 600 kJ per snack, so if you sit at a desk all day half a slice may be a more appropriate serving size. Save a whole slice for those days you are active.

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## Nutrition information

|              | Average Quantity per Serving | Average Quantity per 100 g |
|--------------|------------------------------|----------------------------|
| Energy       | 937 kJ                       | 729 kJ                     |
| Protein      | 6.3 g                        | 4.9 g                      |
| Fat, total   | 2.8 g                        | 2.2 g                      |
| — saturated  | 0.7 g                        | 0.5 g                      |
| Carbohydrate | 41.6 g                       | 32.3 g                     |
| — sugars     | 18.5 g                       | 14.4 g                     |
| Sodium       | 228 mg                       | 177.4 mg                   |
| Fibre        | 4.1 g                        | 3.2 g                      |

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