



Vegan Blueberry Banana Bread

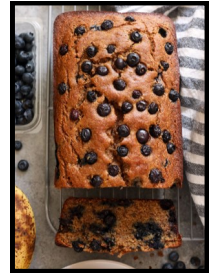


Ingredients



Adapted from *Simple Veganista*

- 1 3/4 cup whole wheat flour
- 1/3 cup sugar
- 2 tsp. baking powder
- Pinch of salt
- 3 large overripe bananas, mashed (about 1 1/2 - 1 3/4 cup)
- 1/3 cup vegetable oil, coconut oil, or apple sauce
- 1 tsp. vanilla extract
- 1/4 cup non-dairy milk
- 1/2 cup blueberries
- 1 tsp. cinnamon (optional)



Directions



Yield: 10 slices **Serving size:** 1 slice **Total cost:** \$4.05 **Serving cost:** \$0.40

1. Preheat oven to 350°F.
2. In a large bowl, mix flour, sugar, baking powder, baking soda, and salt together.
3. Add mashed bananas, oil, vanilla, and non-dairy milk to the bowl and mix until well combined. Mix in blueberries.
4. Pour the batter into a lined or greased loaf pan. Bake 50 minutes.
5. Do a toothpick test in the center of the loaf. If it comes out clean, the bread should be ready. Let cool 10 minutes before slicing.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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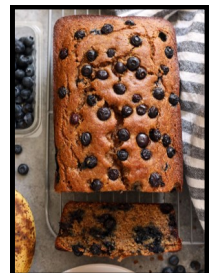


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Fast Facts



Featured Food Groups



Cooking Tips



- Leave out blueberries for plain banana bread.
- Try adding chocolate chips, oats, raisins, nuts, and seeds.
- Store on the counter for up to 3 days or in the fridge for up to 1 week. Freeze for longer storage.
- To make banana bread muffins: bake in greased or lined muffin tins at 375° for 20-25 minutes.

Nutrition Facts

10 servings per container	
Serving size	1 Slice
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes 7g Added Sugars	14%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.08mg	6%
Potassium 235mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.



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