

Blueberry Bread



INGREDIENTS:

- 1¾ cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 2 bananas, peeled and mashed
- 1/3 cup canola oil
- 2/3 cup sugar
- 2 eggs
- 2½ cups blueberries
- Non-stick cooking spray

EQUIPMENT NEEDED:

- Loaf pan
- Small and large mixing bowl
- Fork
- Rubber spatula or mixing spoon
- Measuring cups and spoons

DIRECTIONS:

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Preheat the oven to 350°F. Grease loaf pan and set aside.
2. In a small bowl, mix flour, baking powder, salt and baking soda.
3. In a large bowl, add bananas and mash. Add oil, sugar and eggs. Mix well.
4. Add flour mixture to the large bowl with the banana mixture.
5. Gently mix blueberries into large bowl.
6. Pour batter into greased loaf pan.
7. Bake 1 hour, or until toothpick poked in the center comes out clean.
8. Cool for 20 minutes before serving.



Serving size 149g
Calories 460

Amount per serving
Nutrition % Daily Value*

Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 210mg	9%
Total Carbohydrate 85g	31%
Dietary Fiber 3g	11%
Total Sugars 55g	
Includes 34g Added Sugars	68%

Protein 5g	
Vitamin D 0mcg	0%
Calcium 216mg	15%
Iron 2mg	10%
Potassium 230mg	4%

*The % Daily Value 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.

A Healthy Bite

For the best buy, choose fresh blueberries that are firm and not wrinkled.

To prepare fresh blueberries, rinse and remove any stems.

To store fresh blueberries, refrigerate for up to 3 days.

Blueberries contain vitamin A, which is good for healthy eyes and skin.



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Adapted from jsyfruitveggies.org