



# 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.

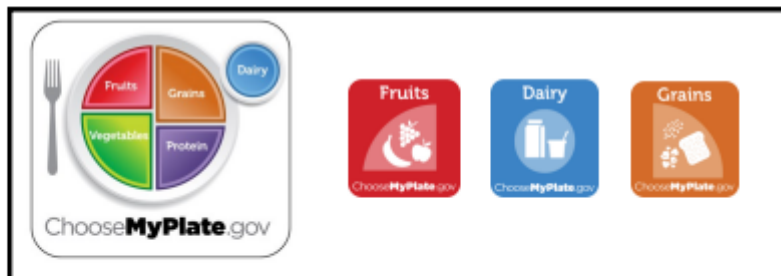
Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



## 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	
<b>Serving size</b>	<b>1 Slice</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.3g	7%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	7%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes 7g Added Sugars	14%
<b>Protein</b> 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.