

Banana Blueberry Bread (2 Loaves)

Ingredients

- 1 1/2 cups (120g) ground oats (or pastry flour)
- 2 1/4 cups (125g) whole wheat flour
- 1/2 cup (47g) sugar (turbinado, coconut or pure cane)
- 2TB flax seed, ground (soaked in 8TB of water)
- 3 teaspoons baking powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon of salt
- 1 1/2 cup banana, mashed
- 1/3 cup applesauce (1.5C diced/skinned apples cooked in 1/2C water)
- 1 1/2 cup (100g) fresh blueberries (frozen is ok too)
- 1/2 cup of chopped nuts
- 2tsp cinnamon (ground)
- 4 allspices (ground)
- 1/4 teaspoon of nutmeg (ground)

Preparation

1. **Preheat** oven to 350 degrees F.
2. **Combine:** In a medium sized mixing bowl, add the flour, oats, sugar, baking powder, baking soda, cinnamon and salt, stir to combine
3. **Mash** the bananas by hand in a small bowl, using the back of a fork or slotted spoon.
4. **Mix:** To the dry ingredients, add the mashed bananas, apple sauce, plant milk (or maple syrup) and optional vanilla, mix to combine, just until the flour is incorporated. **Best practice for mixing quick bread batter:** Don't overmix, as overmixing the ingredients will cause the gluten proteins to create an elastic batter that will not rise well.
5. Gently fold in the blueberries.
6. **Pour** the batter into two 9 x 5" loaf pans lined with parchment paper. Optionally, add a few blueberries strategically to the top
7. **Bake:** Place loaf pan in oven and bake for 50 – 55 minutes, rotating the pan once halfway through. Top will turn golden and toothpick placed in the center will come out clean.

For moister loaf, bake sitting in water in pot with lid.
8. Once done, let cool for 15 minutes in the pan. You should be able to tilt the pan and the loaf will come out clean, place on rack to cool completely.