



July is National Blueberries Month

Banana-Blueberry Buttermilk Bread

Ingredients:

3/4 cup nonfat or low-fat buttermilk
3/4 cup packed light brown sugar
1/4 cup canola oil
2 large eggs
1 cup mashed ripe bananas
1 1/4 cups whole-wheat pastry flour
1 cup all-purpose flour
1 1/2 teaspoons baking powder
3/4 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon ground nutmeg
1 1/4 cup blueberries, fresh or frozen

Directions:

1. Preheat oven to 375 Degrees F. Coat a 9-by-5 inch loaf pan with cooking spray.
2. In a large bowl, whisk together buttermilk, brown sugar, oil, and eggs. Stir in mashed bananas.
3. In a medium bowl, whisk whole-wheat pastry flour, all-purpose flour, baking powder, cinnamon, baking soda, salt and nutmeg.
4. Fold the dry ingredients into the wet ingredients and stir until just combined. Fold in the blueberries and transfer batter to the prepared pan.
5. Bake for 50 to 60 minutes, when the top is golden brown and a wooden skewer inserted in the center comes out clean. Cool in pan for 10 minutes and then turn onto a wire rack cooling an additional 2 hours before cutting.

Recipe from Eatwell.com

