



Blueberry Banana Bread

Author: Teri-Ann Carty
Category: Breads
Servings: 12-15

Preparation Time: 20 min
Cooking Time: 35-40 min

A note before you start:

The surprising ingredient in this bread is cottage cheese. The ripe bananas dramatically reduce the need for sugar, and light olive oil replaces butter so while I wouldn't call this a "healthy" bread, it's not unhealthy either!

Ingredients:

3 large ripe bananas
1 ½ cups of fresh blueberries
⅓ cup of light olive oil
3 Tbsp of coconut sugar
2 large eggs - room temperature
⅔ cup of cottage cheese
2 Tbsp of milk (of your choice)
1 tsp vanilla
1 ¾ cups of all purpose flour
1 tsp baking soda
½ tsp of ground nutmeg

Step 1: Preheat the oven to 375 degrees. Lightly grease and flour 2 medium loaf pans.

Step 2: Place the bananas and the cottage cheese in the bowl of a food processor and puree the mixture. Remove the mixture to a large mixing bowl. In a smaller bowl add the light olive oil, eggs, vanilla, milk and sugar and mix together thoroughly. Add to the cottage cheese and banana mixture.

Step 3: In a separate bowl, whisk together the dry ingredients. Add the dry mixture to the banana mixture and mix to combine. Gently fold in the blueberries and pour into the two loaf pans. Bake for approximately 35-40 minutes and remove when a tester comes out clean.

Buon Appetito!

