

Blueberry Banana Bread

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Category: Brunch

Servings: 12

Preparation Time: 20 min

Cooking Time: 35-40 min

A note before you start:

While you can't exactly call this a health food item, it has very little sugar and uses olive oil instead of butter and the surprising ingredient in this recipe is cottage cheese. The original recipe is for muffins, but I prefer to bake them in loaf pans.

Ingredients:

1 cup of mashed ripe bananas (approximately 3 bananas)

1/3 cup of light olive oil

2 room temperature eggs

1 cup of cottage cheese

1 tsp of vanilla

2 Tbsp of whole milk

1 3/4 cups of all purpose flour

1 tsp of baking soda

1/4 tsp of nutmeg

1/2 tsp of salt

1 1/2 cup of fresh blueberries

Step 1: Preheat the oven to 375 degrees. Line a standard 12-serving muffin tin with muffin liners or if using 2 loaf pans, spray with a non-stick spray.

Step 2: Place the bananas and the cottage cheese in the bowl of a Cuisinart mixer and mix together. Add the eggs, milk, vanilla sugar and oil and pulse to mix all together.

Step 3: In a separate mixing bowl whisk together the dry ingredients. Add the wet ingredients to the dry ingredients and mix very well. Gently fold in the blueberries.

Step 4: Fill the muffin tin 3/4 of the way full if using or if using 2 loaf pans, divide the batter between the two and bake for 35-40 minutes. Test with a cake tester to make sure they're done. Once baked, allow them to cool on a wire rack for at least 10 minutes before removing them.

Buon Appetito!



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