



Banana Blueberry Bread

Very tasty; you wouldn't know it is so nutritious.

3 Very ripe bananas
Juice of one Lemon (or 1/4 cup reconstituted)
1/3 cup Canola oil
1/2 cup Brown sugar
1/2 cup Wheat germ
1/2 tsp. Baking soda
1/2 tsp. Baking powder
1/2 tsp. Salt
1 1/2 cup Whole wheat flour
1 cup Blueberries (**Fresh or Frozen**)

Makes 12 slices or muffins

- Mash bananas and add lemon juice. Mix oil and sugar. Add to banana. Mix dry ingredients. Add to banana mixture. Stir in blueberries (if using frozen, do not thaw first).
- Bake in greased loaf pan at 350 degrees for 50 to 60 minutes. Or muffin pan for 35 -40 minutes. Recipe may be doubled.

Recipe adapted from The New Laurel's Kitchen

Nutrition information:

Calories: 183	Total Fat: 6.98g
Saturated Fat: 0.60g	Cholesterol: 0.00mg
Carbohydrate: 29.15g	Dietary Fiber: 3.71g
Total Protein: 3.65g	