

# Whole Wheat Blueberry Banana Bread

Yield: 1 loaf, 8 slices

Serving Size: 1 slice

*This moist, tender loaf is perfect for breakfast or snacking! It's full of fresh fruity flavors, and it tastes even better on the second day once the flavors meld and it develops that characteristic thin sugary film on top. Store the bread covered in plastic wrap or foil on the countertop for up to 4 days.*

1 ¼ c whole wheat flour, divided ([measured correctly](#))

2 tsp baking powder

¼ tsp salt

1 tbsp oil or butter, melted and cooled

1 egg

2 tsp vanilla extract

½ c + 2 tbsp mashed banana (about 1 extra long 9" banana)

2 tbsp plain nonfat Greek yogurt

2 tbsp honey

1/3 c frozen wild blueberries



1. Preheat the oven to 325°F, and coat an 8x4" loaf pan with nonstick cooking spray.
2. Set aside 1 tablespoon of flour in a small bowl. In a medium bowl, whisk together the remaining flour, baking powder, and salt. In a separate bowl, whisk together the oil (or butter), egg, and vanilla. Stir in the mashed banana, yogurt, and honey. Add in the flour mixture, and stir just until incorporated. Toss the frozen blueberries with the reserved tablespoon of flour, and gently fold into the batter.
3. Spread the batter into the prepared pan, and bake at 325°F for 35-45 minutes, or until a toothpick inserted into the center comes out clean. Cool in the pan for 10 minutes before turning out onto a wire rack.

**Note:** For 100% whole wheat baked goods, I prefer Gold Medal Whole Wheat Flour. It has a higher gluten content than other whole wheat flours, which allows this bread to rise better, turning out lighter and not as dense as other brands. If using another brand and you're nervous about the texture, consider substituting 2-4 tablespoons of all-purpose flour for some of the whole wheat.

Make sure your banana is extra ripe! You'll want to use one that's at least half covered in dark brown spots. For less ripe bananas, add in a touch more honey (or to taste).

I prefer wild blueberries for their smaller size and intense flavor. Regular frozen blueberries may be substituted as well. Try choosing organic if possible; their quality is usually slightly better.

A 9x5" loaf pan may be used instead. The bread will bake faster with more surface area, so begin checking for doneness around 25-30 minutes.

<https://amyshealthybaking.com/blog/2014/02/14/whole-wheat-blueberry-banana-bread/>

## Nutrition Facts

Serving Size: 1 slice  
Servings in Recipe: 8

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Amount per Serving  
Calories 126    Calories from Fat 22.5

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	% Daily Value*
<b>Total Fat</b> 2.5 g	4%
Saturated Fat 1.2 g	6%
Unsaturated Fat 0.9 g	
<b>Cholesterol</b> 27.1 mg	9%
<b>Sodium</b> 205.9 mg	9%
<b>Total Carbohydrate</b> 23.5 g	8%
Dietary Fiber 2.9 g	12%
Sugars 7.3 g	
<b>Protein</b> 3.9 g	8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



*\*This recipe has been adapted by the South Plains Food Bank SNAP-Ed Department.*

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