

The simplest way

...to make Blueberry + Banana bread

Ingredients

olive or canola oil spray
3 ripe bananas, peeled
¼ cup raw sugar (60g)
½ cup reduced-fat milk
2 eggs
2 cups self-raising flour
1 tsp ground cinnamon
1 cup frozen blueberries

Method

Preheat oven to 220°C and spray a 20 x 10cm loaf tin with oil - line base and sides with non-stick baking paper. Mash bananas in a large bowl. Add sugar, milk and eggs and mix with a fork until well combined.

Sift flours and cinnamon on top of mixture. Mix ingredients together until just combined, taking care not to over-mix, then gently fold through blueberries. Spoon mixture into prepared loaf tin and smooth the surface. Bake for 35-40 minutes, or until a skewer comes out clean from the middle.



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The *Eat It To Beat It* program is supported by the Western Sydney
Local Health District Live Life Well @ School Program.