



Blueberry Banana Bread

This recipe for Blueberry Banana Bread is a classic sweet bread with a healthy twist. In addition to being made with 50% wheat flour, it's packed with a tasty superfood: blueberries!

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Yield: 8 slices

Prep Time: 15 mins	Cook Time: 1 hr	Total Time: 1 hr 15 mins
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INGREDIENTS

- ☐ 1 cup all-purpose flour
- ☐ 1 cup white whole wheat flour
- ☐ 3/4 cup sugar (sub: coconut sugar for a healthier alternative)
- ☐ 1/2 teaspoon salt
- ☐ 1/2 teaspoon baking powder
- ☐ 1/4 teaspoon baking soda
- ☐ 3 tablespoons unsalted butter (melted; If you use salted butter, use a little less salt.)
- ☐ 1 cup banana (ripe and mashed; about 2 medium bananas)
- ☐ 1 cup blueberries (see Cooking Notes if using frozen blueberries)
- ☐ 2 large eggs (lightly beaten)
- ☐ cooking spray

INSTRUCTIONS

1. Preheat oven to 350°F. Coat an 8.5 x 4.5-inch bread loaf pan with cooking spray.



2. In a large mixing bowl, combine flours, sugar, salt, baking powder, and baking soda. Whisk together.
3. In a medium mixing bowl, combine butter, mashed banana, and eggs.
4. Add wet mixture to flour mixture. Stir just until just combined.
5. Gently fold in the blueberries.
6. Spoon batter into the greased loaf pan (I used a ceramic pan).
7. Bake for 45-55 minutes, or until a wooden pick inserted in the center comes out clean.
8. Cool bread in pan for 10 minutes on a wire rack. Then, remove bread from pan, and cool completely on wire rack.

FREEZER INSTRUCTIONS

Freeze For Later: Bake bread as directed in recipe. Let cool completely. Wrap the bread tightly in a few layers of plastic wrap (and place in a freezer bag, too, if you want). Or you can slice the bread and wrap each slice individually. Store for up to 3 months.

Prepare From Frozen: Thaw a whole bread loaf in the fridge. Or, if using just a slice from the freezer, warm in the microwave in 15 second increments.

NOTES/TIPS

Directions If Using Frozen Blueberries: If you need to use frozen blueberries, do not thaw the berries, add another 2 tablespoons of flour to the dry ingredients, and extend the bake time (bake until toothpick comes out clean). This is because frozen blueberries will bring some additional moisture to the mix.

Baking Time Variance: Keep in mind that the baking time may vary based on the type of loaf pan you use. Dark metal and glass pans cook faster than light colored metal. Also, if you use a wider loaf pan, the baking time will decrease. So start checking on your loaf around the 40 minute mark if using metal or a larger pan. Read [this article](#) for more details.

You can customize this loaf to add your own touch. Some great additions to this recipe are pecans, lemon zest, or white chocolate chips.

NUTRITION

Serving: 1 slice | **Calories:** 249 kcal (12%) | **Carbohydrates:** 46 g (15%) | **Protein:** 5 g (10%) | **Fat:** 6 g (9%) | **Cholesterol:** 52 mg (17%) | **Sodium:** 256 mg (11%) | **Fiber:** 2 g (8%) | **Sugar:** 21 g (23%)

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