

# Healthy Blueberry Banana Bread

Yield: 8 min  
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-coconut-sweet-bread-recipe>

## Ingredients:

- 1/2 cup whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 cup coconut sugar you may also use an equal amount of light brown sugar, packed
- 1/4 cup coconut melted
- 1/4 cup unsweetened applesauce
- 2 large eggs lightly beaten, at room temperature
- 2 teaspoons vanilla extract
- 3 bananas VERY ripe, peeled and mashed, should yield 1 and 1/4 cups of mashed banana
- 1/2 cup fresh blueberries

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 55 milligrams
4. Fat: 2 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 360 milligrams
9. Sugar: 16 grams

Thank you for visiting our website. Hope you enjoy Healthy Blueberry Banana Bread above. You can see more 16 jamaican coconut sweet bread recipe Taste the magic today! to get more great cooking

ideas.