

Fruit & Veg Bread

Let the family think this is a Banana Blueberry Bread. You will know differently of course :-)

This recipe has been adapted from a Zucchini banana bread recipe I found at ClosetCooking.com. As you know, I am always looking for 3 ways to use a recipe. So the Closet Cooking version which I am sure is delicious is first version.

At the moment, I'm having trouble getting our little guy to eat carrot. He's just gone off it. I decided to add some carrot and pepitas for extra protein and crunch.. So version 2, I've named **Fruit & Veg Bread**. It's been a HUGE hit in the lunch boxes. Now to create a version 3. I'll keep you posted!

Ingredients

1 & 3/4 cup plain flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
Good pinch Pink Himalayan Salt
3 very ripe bananas, mash them
2 eggs
1/2 cup Rapadura sugar (or Raw sugar)
1 teaspoon vanilla extract
1/2 cup Natural yogurt
1/4 cup zucchini, grated (squeeze out liquid)
1/4 cup carrot, grated (squeeze out liquid)
1/2 cup frozen blueberries
1/2 cup Pepitas



Directions

1. Pre-heat Oven to 190 degrees
1. Mix all dry ingredients upto & incl. the salt in a big bowl.
2. Mix bananas, eggs, sugar, vanilla extract, yogurt, zucchini and carrot in another big bowl.
3. Mix the dry ingredients into the wet ingredients.
4. Gentle but thoroughly stir through the blueberries & pepitas.
5. Pour the mixture into a lined bread loaf tin. Give few taps on the bench to settle mixture (I didn't do this, so bananas slices are off centre). Add a few banana slices to the top.
6. Place a tray of water on the shelf below the Fruit & Veg Bread
7. Bake for 60-80 minutes or until golden. Test with a toothpick until it comes out clean.