



Homeschooling
Dietitian Mom

GLUTEN-FREE BLUEBERRY BANANA BREAD

Deborah Hanyon MPH, RDN ACE-CHC

Gluten-Free Blueberry Banana Bread

INGREDIENTS

- 2 ½ cup (37 grams) Bob's Red Mill 1-to-1 Gluten Free Flour*
- 1 ¼ cups sugar
- ½ cup butter
- 2 large eggs
- 3 medium ripe bananas
- ½ cup buttermilk
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1 tsp Salt
- 1 cup fresh blueberries (can use frozen, but thaw and drain before putting into bread)

DIRECTIONS

Preheat oven to 350 degrees Fahrenheit

Measure and sift flour, salt and baking soda in bowl, and set aside

Cream butter and sugar, in separate bowl, adding about ½ each alternately

Add eggs to butter and sugar, and mix until well combined

Add bananas and mix until smooth

Add vanilla extract and stir in

Add dry ingredients and mix until combined

Carefully fold blueberries into batter

Grease (or spray with nonstick cooking spray) two loaf pans

Pour half of batter into each of the two loaf pans

Cook at 350 degrees F temperature for 50 to 60 minutes, or until toothpick inserted in middle comes out clean.

*NOTE: bread will not rise as much with gluten-free flour. But it WILL taste just as good

Recipe by Ronald and Deborah Hanyon MPH, RDN

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Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 181	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 31 mg	10 %
Sodium 122 mg	5 %
Potassium 78 mg	2 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 1 g	5 %
Sugars 15 g	
Protein 2 g	4 %
Vitamin A	4 %
Vitamin C	4 %
Calcium	1 %
Iron	2 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

