

Banana and Vegetable Bread



*Discover a delicious and original way to incorporate vegetables into your desserts with our **Banana and Vegetable Bread** recipe. Rich in flavors and nutrients, this bread perfectly combines the sweetness of bananas with the richness of sweet potatoes and carrots, creating a perfect balance between health and indulgence. Perfect for those looking to add a nutritious touch to their treats, this bread is a beautiful illustration of how vegetables can elevate your desserts.*

Preparation 30 min

Cooking 60 min

Servings 8

Nutrition Facts (per serving)

Calories 165

Fat 2

Carbohydrates 30

Fibre 3

Protein 5

Sodium 290

Ingredients

- 1 small sweet potato (about 375 ml, 1 ½ cups) cut into cubes
- 2 medium carrots (about 180 ml, ¾ cup) cut into cubes

- 60 ml (¼ cup) of brown sugar
- 2 eggs
- 5 ml (1 tsp) of vanilla extract
- 125 ml (½ cup) of whole wheat flour
- 125 ml (½ cup) of all-purpose flour
- 125 ml (½ cup) of oats
- 60 ml (¼ cup) of ground flaxseed
- 5 ml (1 tsp) of baking soda
- 5 ml (1 tsp) of baking powder
- 5 ml (1 tsp) of ground cinnamon
- 1.5 ml (¼ tsp) of salt
- 30 ml (2 tbsp) of pumpkin seeds

Preparation

1. Preheat the oven to 350°F (175°C) and line a loaf pan with parchment paper, letting it hang over the sides.
2. Boil the carrots and sweet potatoes in a pot of water for 25 minutes.
3. Drain the vegetables and transfer to a large bowl. Add the water and mash into a puree using an immersion blender until smooth and homogeneous.
4. Add the mashed vegetables, bananas, brown sugar, eggs, and vanilla to the puree. Mix with a wooden spoon.
5. In a medium bowl, mix the dry ingredients, except the pumpkin seeds.
6. Gradually incorporate the dry ingredients into the wet ingredients, mixing gently with the wooden spoon. Spread into the pan and top with pumpkin seeds and oats.
7. Bake in the oven for 60 minutes or until a toothpick inserted into the center of the bread comes out clean.

Notes

Keeps for 5 days in the refrigerator. Freezes for up to 3 months in an airtight container or bag.



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