

Banana, Blueberry, Pumpkin, Walnut, Flaxseed Bread



3 cups Bisquick

2/3 cup sugar

2 eggs

1/2 cup milk

3/4 cup mashed bananas

Libby's 1/2 cup canned 100% pure pumpkin (not pumpkin pie mix)

2/3 cup chopped walnuts

1/4 cup Flaxseed such as (Bobs Red Mill 100% Whole Grain)

1 cup small Maine Blueberries such as (Wyman's Maine Blueberries)

Heat oven to 350 F. Grease and Flour loaf pan 9x5x3

Beat ingredients except blueberries, nuts and seeds in a large mixer bowl on low speed just until well mixed. Do not over mix, scraping bowl constantly for 30 seconds. Mix in Walnuts and Flaxseeds, mix well. Add Blueberries and gently fold into mix until mixed throughout batter thoroughly.

Bake until wooden toothpick inserted comes out clean for about 1 hour, be sure to check that center is done before removing from the oven. If

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not done after one hour cook 5 minutes more at a time until done for a total of 10 minutes more. If still not done allow to set in hot oven turned off for another 5 to 10 minutes. At this point you can remove your bread and allow to cool. Then take a sharp knife and go around the pan with the knife and loosen the bread from the sides of the pan and put on a plate. Serve warm or room temperature.

Healthy Diets should include Superfoods and MUFAs
Pumpkins, Walnuts, Blueberries, Flaxseed