

Salt and Serenity

Strawberry, Banana, Coconut Bread

The talented Monique of www.ambitiouskitchen.com created this bread. I have adapted it very slightly.

1 1/4 cups all purpose flour
1/2 cup whole-wheat flour
1 teaspoon baking powder
3/4 teaspoon baking soda
1/4 teaspoon salt
1 cup ripe mashed banana (about 2-3 bananas)
3 tablespoons coconut oil, melted and cooled
1/3 cup packed light brown sugar
2 teaspoons vanilla extract
1 egg
1/4 cup nonfat plain Greek yogurt
2 tablespoons unsweetened almond milk (soy, coconut, or skim also work)
2 tablespoons chia seeds
3/4 cup diced ripe strawberries
1/4 cup smashed raspberries (or you can use more strawberries)
1/2 cup sweetened coconut
3 tablespoons sweetened coconut for topping 2 tablespoons chia seeds
2-4 strawberries, sliced for topping

1. Preheat oven to 350° F. Grease a 9x5 inch loaf pan with cooking spray.
2. In a large bowl, whisk together all purpose flour, whole-wheat flour, baking powder, baking soda and salt; set aside.
3. In a separate bowl, beat together banana, brown sugar, vanilla, egg, yogurt and chia seeds.
4. Gently fold in berries and coconut.
5. Transfer batter to prepared pan. Sprinkle the top with 3 tablespoons coconut. Arrange sliced strawberries in two rows, over the top of the bread.
6. Bake for 45-50 minutes, until skewer inserted into center of bread comes out clean. Cool on wire rack for 20 minutes; remove from pan and return to wire rack to finish cooling. Bread stays fresh for several days. Wrap well and keep on the counter.

