

# Blue(berry) Hawaii Bread

This blueberry bread is delicious and bursting with fruit flavor!

## Ingredients:

- 2 cups whole-wheat flour
- 1 cup rolled oats
- 1/2 cup sugar
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon nutmeg
- 1 tablespoon cinnamon
- 1/4 teaspoon salt (optional)
- 1 1/4 cups nonfat milk
- 1/3 cup low-fat plain yogurt
- 2 teaspoons vanilla
- 1 teaspoon grated lemon peel
- 2 eggs
- 1 cup fresh blueberries



## Directions:

- 1 Have a grown-up heat the oven to 350 F.
- 2 In a large bowl, combine the dry ingredients: flour, oats, sugar, baking powder, baking soda, nutmeg, cinnamon, and salt. Mix well.
- 3 In a small bowl, combine the wet ingredients: milk, yogurt, vanilla, lemon peel, and eggs, and blend well.
- 4 Add the wet mixture to the dry ingredients all at once; stir just until dry ingredients are moistened.
- 5 Gently fold in blueberries.
- 6 Pour batter into greased 9"x5"-inch loaf pan.
- 7 Bake at 350 F for 40-50 minutes, or until a toothpick inserted into the center comes out clean.
- 8 Cool 10 minutes; remove from pan. Cool completely on wire rack.

Please note: All actions involving knife cutting, skewering, stove and oven usage, and electrical appliances (food processor, blender, etc.) should be handled or supervised by an adult.

REMINDER TO SELF: Ask parents if children have any food allergies!