



Blueberry Lemon Bread

Ingredients:

2 cups flour – (regular, organic, whole-wheat, gluten-free – whatever you like works)
1 teaspoon baking soda
½ tsp. salt
2 eggs
¼ cup extra virgin coconut oil
¼ cup applesauce (I use the no sugar added kind)
1/3 cup honey (or pure maple syrup)
Juice and zest of 1 lemon
1 cup blueberries
*1/2 cup of raspberries – optional

Preparation:

1. Preheat oven to 350 degrees and grease your loaf pan.
2. Squeeze and zest the lemon.
3. In a small bowl, combine the flour, baking soda, and salt.
4. In a large bowl, mix together the eggs, coconut oil, applesauce, honey, lemon juice and zest.
5. Add the dry ingredients to the wet ingredients and stir to combine.
6. Fold in the blueberries. (I added the raspberries as well at this step).
7. Pour the batter into the loaf pan.
8. Bake for 45-50 minutes, or until a toothpick inserted in the center comes out clean.