

## Blueberry Banana Flax Bread

### Ingredients

4 ripe bananas  
2 eggs  
1/3 c. canola or olive oil  
1/2 c. honey  
2 c. white wheat flour  
1 c. ground flaxseed  
1 t. baking powder  
1t. baking soda  
1/2 t. salt (opt.)  
2 c. soy or regular yogurt  
1 T. almond extract  
2 c. frozen or fresh blueberries

### Preparation

Beat together the banana, oil, egg and sweetener. Add flour, flax, baking powder, soda, and salt. Stir in the yogurt and almond extract to moisten. Add the blueberries. Turn into bread pan. Bake 45-60 minutes or until done at 350. These tostadas are great for lunch or dinner. They are acceptable for those trying to do a lactose free diet and fro those that need a low carb meal.