



## **Fresh Chilean Blueberry-Banana Bread with Lemon-Blueberry-Cream Cheese Spread**

The overall sweetness of this bread is heavily influenced by the ripeness of your bananas. Serve with Lemon-Cream Cheese Spread drizzled over hot bread or dolloped on individual slices.

### INGREDIENTS

1 cup fresh blueberries, rinsed and drained  
2 cups plus 1 Tbsp. all-purpose flour  
1/2 cup granulated sugar  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1/2 tsp. ground cinnamon  
1 cup mashed ripe bananas (2 to 3)  
1/2 cup low-fat buttermilk  
3 Tbsp. butter, melted and cooled  
3 Tbsp. canola oil  
1/2 tsp. lemon zest  
1 large egg, beaten  
Pecan Streusel (recipe below)  
Lemon-Cream Cheese Spread (recipe below)



### INSTRUCTIONS

Preheat oven to 350°. In a small bowl, gently mix blueberries with 1 tablespoon of the flour.

In another bowl, blend remaining 2 cups flour, sugar, baking powder, baking soda, salt, and cinnamon.

In a third, large bowl, whisk bananas, buttermilk, butter, canola oil, lemon zest, and egg to blend. Stir flour mixture into banana mixture just until evenly moistened; the batter will be stiff. Gently stir in blueberry mixture.

Spread batter in a buttered 5- by 9-inch loaf pan. Sprinkle with Pecan Streusel and press in lightly.

Bake 60 to 70 minutes or until a toothpick inserted in the center comes out clean.

Let bread cool in pan on a rack for 10 minutes; run a knife around edges to loosen. Invert bread onto a plate, remove pan, and turn over onto rack to cool completely, about 45 minutes. Serve with Lemon-Blueberry-Cream Cheese Spread.



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#### PECAN STREUSEL

1/4 cup firmly packed brown sugar  
1/4 cup all-purpose flour  
1/2 teaspoon ground cinnamon  
2 Tbsp. butter  
1/3 cup finely chopped pecans

Combine first 3 ingredients in a bowl. Cut in butter with a pastry blender or fork until mixture resembles small peas. Stir in pecans.

#### LEMON-BLUEBERRY-CREAM CHEESE SPREAD

3/4 (8-oz.) package cream cheese, softened  
2 Tbsp. butter, softened  
2 Tbsp. fresh lemon juice  
1 cup powdered sugar [1/4 (16-oz.) package]  
1 teaspoons lemon zest  
1/4 cup chopped blueberries

Beat cream cheese and butter at medium speed with an electric mixer until creamy; add lemon juice, beating just until blended. Gradually add powdered sugar, beating at low speed until blended; stir in lemon zest. Serve immediately or refrigerate up to 2 days.

SERVES 12

#### NUTRIENTS PER SERVING

330 calories, 18 gms fat, 162 calories from fat, 7 gms saturated fat, 50 mg cholesterol, 195 mg sodium, 18 gms protein, 1 gm dietary fiber

*Recipe from the Chilean Fresh Fruit Association*



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