

# HUEVOS RANCHEROS PITA PIZZAS

SERVES 4

*When you really want to make something legit for breakfast, huevos rancheros delivers. So grab yourself a bag of pitas, and, boom, you've got a breakfast-inspired pizza night that features the same great salsa-smothered eggs.*

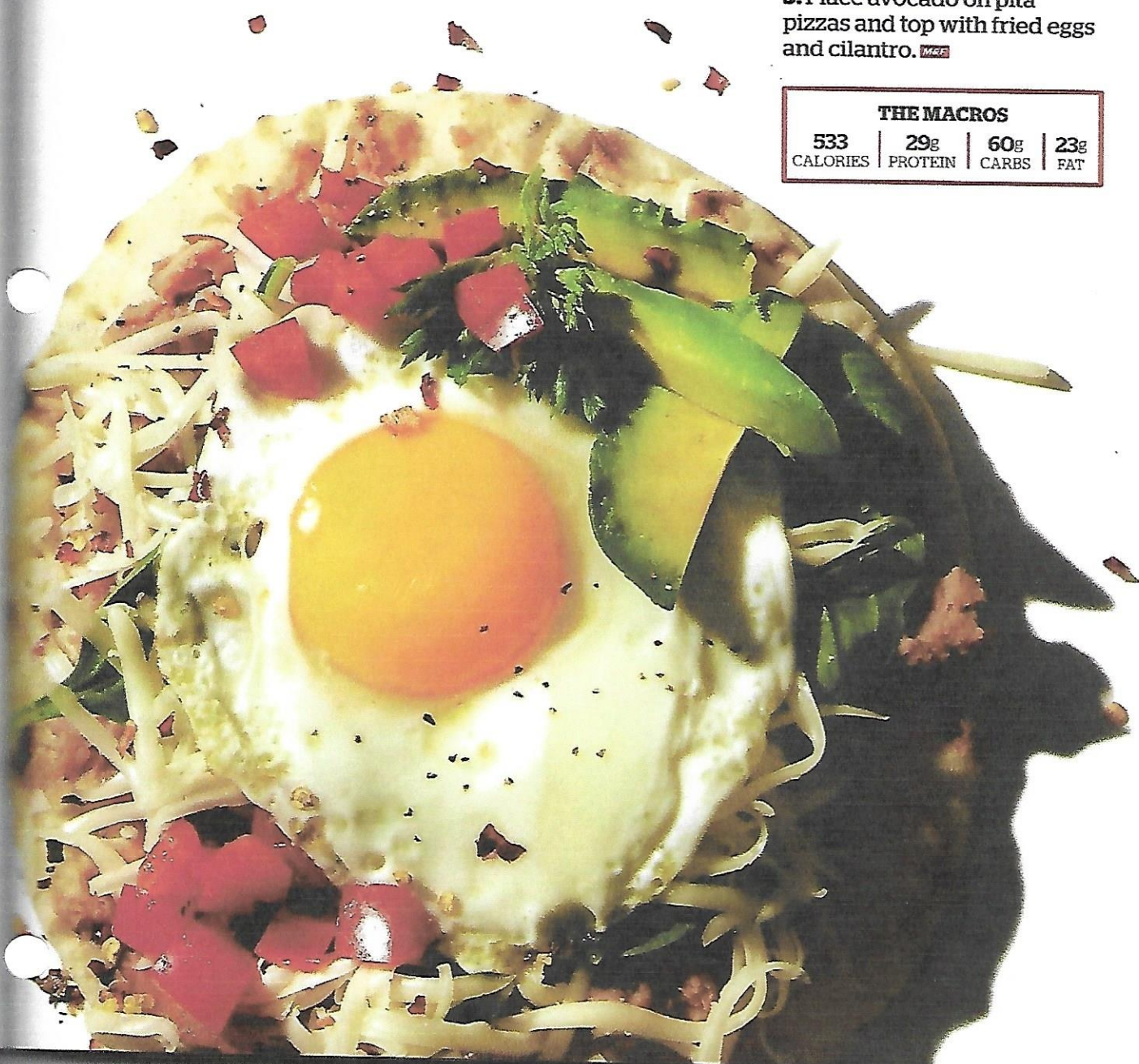
- 4 whole-wheat flatbread pitas
- 1 tbsp canola oil or butter, plus more oil for brushing
- 1 (14 oz) can refried beans
- 2 cups baby spinach
- 1½ cups salsa
- 1 cup shredded Monterey Jack cheese
- 4 large eggs
- 1 avocado, sliced
- ¼ cup cilantro

1. Position your oven rack in the middle of the oven and

- preheat oven broiler.
- 2. Place pitas on 2 baking sheets and brush tops with oil. Broil 2 minutes, or until pitas are browned on top and crispy.
- 3. Spread refried beans on pitas and top with spinach, salsa, and cheese. Broil 1 minute, or until cheese has melted.
- 4. Heat 1 tbsp oil in a skillet over medium heat. Crack eggs into skillet and cook sunny-side up or over-easy, as desired.
- 5. Place avocado on pita pizzas and top with fried eggs and cilantro. **MAKE**

**THE MACROS**

533	29g	60g	23g
CALORIES	PROTEIN	CARBS	FAT



# Meal Prep Almond Flour Pancakes

★★★★☆  
4 from 2 votes

## Prep Time

5 mins

## Cook Time

10 mins

## Total Time

15 mins

Meal Prep Almond Flour Pancakes! Made with 6 ingredients, these hearty pancakes have no added sugar, are low carb, high protein & delicious! Keep them in the refrigerator or freezer for an easy meal prep breakfast. Paleo + Gluten Free + Low Calorie

Course: Breakfast, Meal Prep

Cuisine: American, Breakfast

Keyword: almond flour, breakfast, dairy free, gluten free, healthy, low calorie, low calorie meal prep, low carb, Paleo, pancake, refined sugar free, sugar free

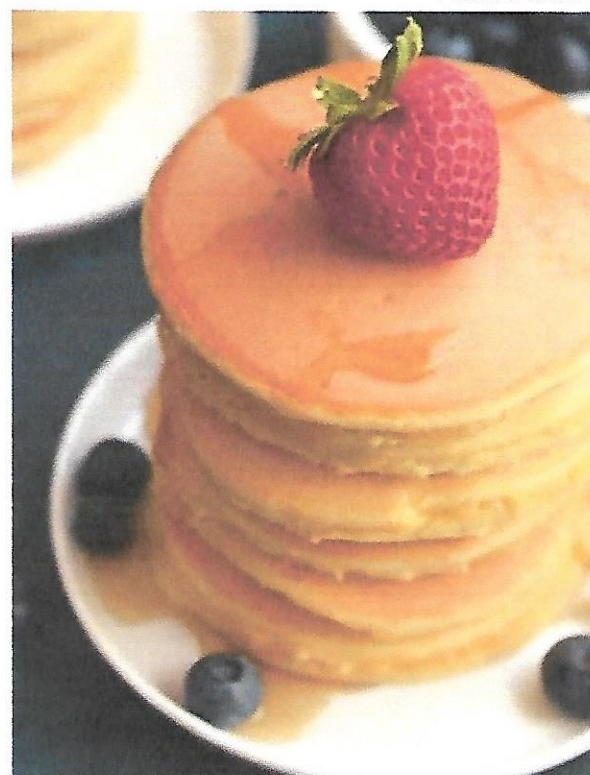
Servings: 12 pancakes

Calories: 101 kcal

Author: Skinny Fitalicious

## Ingredients

- 6 eggs room temperature
- 1 cup almond flour
- 1/4 cup coconut flour
- 1 tsp baking powder
- 1/4 cup unsweetened almond milk
- 1/2 tsp vanilla extract



Print

## Instructions

1. Preheat an electric skillet to medium heat. Spray or oil as necessary to prevent sticking.
2. Whisk eggs together in a mixing bowl with milk and vanilla.
3. Add almond, coconut flour (measured properly) and baking powder folding together until smooth. Do not overmix or you will get less pancakes.
4. Scoop 1/4 cup of the batter onto the pan to form one pancake. Repeat for remaining batter.
5. Cook 2-3 minutes then flip and cook another 2-3 minutes until golden brown on both sides. Note you may not see bubbles on the first side as the batter is thicker. Don't wait for bubbles to flip the pancakes.
6. Once cooked, transfer to a wire baking rack to cool a bit before serving.
7. Store in the refrigerator up to 1 week or freezer 1 month.

## Recipe Notes

- Measure the flours properly for this recipe or you will end up with 1-2 times the amount of flour with crumbly pancakes or a strange taste. It's very important with grain free baking to measure the right way.
- I use low sugar in all my recipes due to the insulin and hormone effect of sugar. If you prefer sweeter pancakes, add maple syrup to the batter.
- My Amazon shop has more products similar to those used for this recipe and that I recommend to my weight loss clients.
- If you love this recipe, check out my low calorie cookbook for more delicious recipes and weight loss tips!

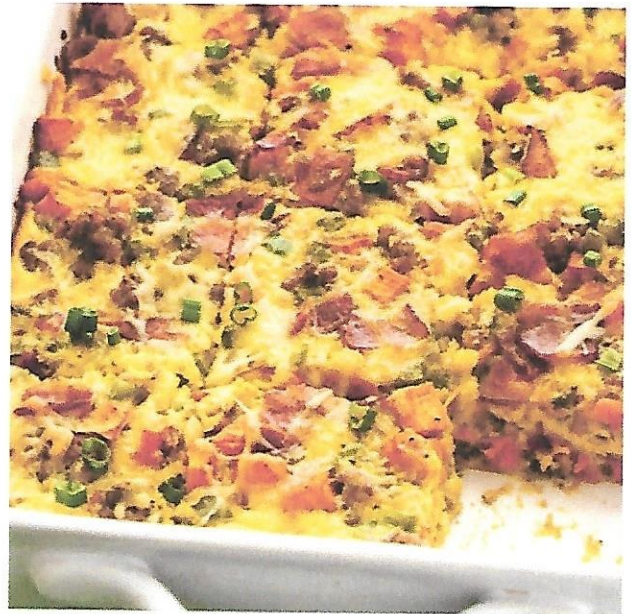
# Loaded Breakfast Casserole with Sausage

This easy and healthy breakfast casserole is loaded with roasted sweet potato, bacon, breakfast sausage, onion, and bell pepper for the perfect brunch or meal prep. **Watch the video above!**

PREP TIME: 15 mins    COOK TIME: 1 hr 10 mins

TOTAL TIME: 1 hr 25 mins

COURSE: Breakfast    CUISINE: American



5 from 25 votes

**KEYWORD:** best breakfast casserole, Breakfast Casserole, breakfast casserole recipe, Loaded breakfast casserole

**SERVINGS:** 12 servings    **CALORIES:** 305kcal    **AUTHOR:** Lisa Bryan

## Ingredients

- 1 pound sweet potato peeled and diced into 1/2" cubes
- 1 tablespoon olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/4 teaspoon cumin
- salt and pepper
- 8 ounces bacon
- 1 pound breakfast sausage mild, medium or spicy, your choice
- 1/2 large onion diced
- 1 green bell pepper deseeded and diced
- 2 cloves garlic minced
- 12 large eggs
- 1/3 cup milk dairy or dairy-free
- optional: shredded cheese and green onion for garnish

## Instructions

1. Preheat your oven to 400F/200C and get a 9x13 casserole pan out. On one baking sheet pan, toss the diced sweet potato with olive oil, garlic powder, paprika, cumin, salt, and pepper. Set aside.
2. On another sheet pan, add slices of bacon. Then place both the sweet potato and bacon in the oven and cook for 18-20 minutes, or until the bacon is done. The bacon will be done first, so keep an eye on it and remove it from the oven when it's done, and place on paper towels to dry. Stir the sweet potato and continue cooking it for another 15 minutes.
3. While the sweet potato is cooking, cook the breakfast sausage in a pan on medium high heat.

4. Drain off all but a tablespoon of grease from the pan, then saute the onion and bell pepper for 4-5 minutes. Add the minced garlic and saute another 30 seconds. Transfer the onion and bell pepper to the casserole pan.
5. Remove the sweet potato from the oven and add it to the casserole pan, with the crumbled bacon, onion, and bell pepper. If you'd like to add cheese, you can add it to the casserole pan now.
6. Stir all of the ingredients in the casserole pan together. Feel free to season with more salt and pepper.
7. In a mixing bowl, stir the eggs with the milk.
8. Pour the egg mixture on top of the meat and vegetables. Cook for 25-30 minutes, or until the center is cooked through and the edges are slightly golden. You can test the center with a toothpick.
9. If you'd like, garnish with green onion, or herbs. Then serve warm with sliced avocado, toast, or a side salad.

### **Notes**

- One pound of sweet potatoes is usually one medium to large sized sweet potato. If it's slightly over, that's fine as well.
- I always recommend heavy duty baking sheets in the oven, so that they don't warp. They're definitely worth purchasing!
- And here's a great casserole pan, if you're looking for a new one.

### **Nutrition**

Calories: 305kcal | Carbohydrates: 9g | Protein: 14g | Fat: 23g | Saturated Fat: 7g | Cholesterol: 203mg | Sodium: 454mg | Potassium: 343mg | Fiber: 1g | Sugar: 2g | Vitamin A: 5693IU | Vitamin C: 10mg | Calcium: 43mg | Iron: 2mg

# Best Paleo Pancakes

These paleo pancakes are light and fluffy and the perfect weekend breakfast.

PREP TIME: 10 mins    COOK TIME: 5 mins

TOTAL TIME: 20 mins

COURSE: Breakfast    CUISINE: American



4.92 from 137 votes

KEYWORD: paleo pancake recipe, paleo pancakes

SERVINGS: 8 pancakes

CALORIES: 242kcal

AUTHOR: Lisa Bryan

## Ingredients

### Dry Ingredients

- 1/2 cup almond flour
- 1/3 cup tapioca flour
- 1/4 cup coconut flour
- 1/2 tsp baking soda
- 1/4 tsp salt

### Wet Ingredients

- 4 large eggs
- 1/4 cup almond milk
- 1 tbsp honey or maple syrup
- 1 tsp white wine vinegar
- 1 tsp vanilla extract
- ghee butter or coconut oil to coat skillet

## Instructions

1. Whisk all of the dry ingredients together in a bowl.
2. In a separate bowl, whisk all of the wet ingredients. Then, add the wet ingredients to the dry and whisk until well combined.
3. Heat a skillet or griddle on medium-high heat and coat with ghee, butter or coconut oil.
4. Spoon the batter onto the skillet, keeping your pancakes approximately 3-4 inches in diameter. They're much easier to flip smaller. Let them cook for 2-3 minutes on one side, then flip and cook for an additional 1-2 minutes.
5. Serve immediately with maple syrup, bananas and other toppings.

## Notes

baking.

- The vinegar is important to this recipe as it helps to make the pancakes fluffy, but you can use any type of vinegar.
- You can easily double this recipe and freeze the leftover pancakes. It makes for great meal prep! Then, just pop them in the toaster or warm them up in the microwave when desired.

### **Nutrition**

Serving: 2pancakes | Calories: 242kcal | Carbohydrates: 20.3g | Protein: 10.3g | Fat: 13.5g | Saturated Fat: 3.2g | Cholesterol: 186.5mg | Sodium: 551.5mg | Fiber: 4g | Sugar: 6.2g



# Make-Ahead Spinach and Mushroom Breakfast Sandwiches



Recipe courtesy of Food Network Kitchen

*We've turned the classic spinach and mushroom omelet into a delicious breakfast sandwich that you can enjoy anytime. The trick is to bake the "scrambled" eggs in the oven, and then cut out rounds for each sandwich that you can then freeze. ...*

**Level:** Easy

**Total:** 35 min

**Active:** 15 min

**Yield:** 6 sandwiches

## Ingredients:

- Nonstick cooking spray, for the pan, optional
- Salted butter, at room temperature, for the pan and/or spreading, optional
- 10 large eggs
- 1/2 cup whole milk
- Kosher salt and freshly ground black pepper
- Extra-virgin olive oil
- 8 ounces cremini mushrooms, sliced
- 3 cups stemmed spinach
- 6 slices Swiss cheese (about 6 ounces)
- 6 English muffins, split

## Directions:

- 1** Preheat the oven to 375 degrees. Spray a 9-by-13-inch baking pan with nonstick cooking spray or grease with butter.
- 2** Heat 1 tablespoon of the olive oil over medium-high heat. Add the mushrooms and cook, stirring occasionally, until wilted and beginning to brown; about 5 minutes. Add the spinach, 1 teaspoon salt and a few grinds of pepper. Cook until spinach just begins to wilt, stirring occasionally, about 2 minutes. Remove pan from heat and set aside to cool.
- 3** Whisk the eggs, milk, 1 teaspoon salt and a few grinds of pepper together in a large bowl. Gently whisk in the cooled mushroom mixture, then pour the egg mixture into the prepared pan. Bake until puffed and set, 15 to 20 minutes. Remove from the oven and let cool.
- 4** Place the English muffins cut-side up on a baking sheet and brush with some butter if using. Bake until slightly toasty, 3 to 4 minutes.
- 5** Once the eggs are cool enough to handle, use a large round biscuit cutter (about 3 3/4 inches in diameter) or the rim of a juice glass to cut out 6 rounds of egg. (For ways to use the leftover egg scraps, see Cook's Note.) Using an offset spatula or a butter knife, remove each egg round from the pan and place on bottom half of an English muffin. Top each with a slice of Swiss cheese and the other muffin half. Wrap each sandwich individually with aluminum foil, put in a resealable plastic



bag and freeze up to 1 month or refrigerate for up to 1 week.

**6** To reheat, unwrap a sandwich and place on a paper towel on a microwave-safe dish. Microwave 1 to 1 1/2 minutes, until the cheese is melted and eggs are warmed through. Alternatively, thaw a foil-wrapped frozen sandwich overnight in the refrigerator, then bake in a 425-degree F oven until warmed through and the cheese is melted, about 10 minutes.

### Cook's Note

Save the baked egg scraps to use in fried rice or a breakfast burrito.

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Mushroom Sandwiches Recipe](#)  
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Sandwiches Recipe](#)

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[Herby Spinach and Mushroom  
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[Spinach and Egg Sandwiches  
Recipe](#)  
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Breakfast Sandwiches...](#)



# Yogurt Parfaits With Mixed Berries

These healthy yogurt parfaits with mixed berries are incredibly easy to make and are the perfect make-ahead grab-n-go breakfast.



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Prep Time

10 mins

Total Time

10 mins

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Course: Breakfast    Cuisine: American

Keyword: fruit and yogurt parfaits, make ahead fruit and yogurt parfaits, yogurt parfait recipe, yogurt parfaits

Servings: 1 serving    Author: Sara @ Gathering Dreams

## Ingredients

- 3/4 cup yogurt (plant-based, plain yogurt, or Greek yogurt)
- 1/2 cup mixed berries (blueberries, strawberries, raspberries)
- 1 tsp maple syrup
- 1 tbsp granola
- 1/2 tbsp coconut flakes (optional)

## Instructions

1. Wash the berries, and if some are too big, chop them into smaller pieces.
2. Add 2-3 tablespoons of yogurt to a mason jar.
3. Add half of the chopped fruit.
4. Add the remaining yogurt.
5. Top with the rest of the mixed berries, granola (see notes), maple syrup, and coconut flakes.
6. Seal the lids and store them in the refrigerator for up to 3-4 days.
7. When you are ready to eat the yogurt parfaits, simply remove them from the fridge, mix, and enjoy.

## Notes

**Storage:** You can store yogurt parfaits for up to 3-4 days in the fridge, in a **mason jar** or airtight container.

**When to add granola:** If you love **crunchy granola**, add it the night before you will eat your yogurt parfait or in the morning (my preferred option). If you don't mind **softer granola**, add it at meal prep time.

*Nutritional information will depend on the type of yogurt you use, so I haven't included it.*

# Overnight Oats



Recipe courtesy of Min Kwon, M.S., R.D.

Level: Easy

Total: 5 hr 5 min

Prep: 5 min

Inactive: 5 hr

Yield: 1 serving

## Ingredients:

- 1/3 to 1/2 cup liquid such as dairy milk, almond, cashew or coconut milk
- 1/3 to 1/2 cup old-fashioned rolled oats
- 1/3 to 1/2 cup yogurt, optional
- 1 teaspoon chia seeds, optional but highly recommended
- 1/2 banana, mashed, optional
- Serving suggestions: fruit (fresh or dried), nuts, nut butter, seeds, protein powder, granola, coconut, spices, citrus zest and vanilla extract

## Directions:

- 1 Add the desired amounts of milk, oats, yogurt, chia seeds and banana to a jar or container and give them a good stir. Refrigerate overnight or for at least 5 hours.
- 2 In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with fruit, nuts, nut butter, seeds, protein powder, granola, coconut, spices, zest or vanilla extract.



## Cook's Note

The mixture will keep for up to 2 days. If you don't add the banana, up to 4 days. However, once you are experienced, you'll have no problem whipping up another batch midweek if needed!

## Related Pages

[Pumpkin Pie Overnight Oats Recipe](#)

[Peach Compote Overnight Oats Recipe](#)

[Green Smoothie Bowl Recipe](#)

[Pumpkin Cheesecake Overnight Oats Recipe](#)

[Apple Pie Overnight Oats Recipe](#)

[Tea-Infused Overnight Oats Recipe](#)



# Make-Ahead Egg Bake

13 Hr(s) 10 Min(s) 20 Min(s) Prep 12 Hr(s) 50 Min(s) Cook

Discover the magic of combining spinach, cheese and bacon for this Make-Ahead Egg Bake. This recipe is great for the week or weekend brunch!

## What You Need

12 Servings

- 8 egg s
- 3 cups milk
- 8 cups French bread cubes (3/4 inch)
- 1 pkg. (10 oz.) frozen chopped spinach, thawed, squeezed dry
- 12 slices cooked OSCAR MAYER Bacon, crumbled
- 1 pkg. (8 oz.) KRAFT Shredded Sharp Cheddar Cheese, divided

## Let's Make It

- 1 Whisk eggs and milk in large bowl until blended; stir in bread. Add spinach, bacon and 1-1/2 cups cheese; mix lightly.
- 2 Pour into 13x9-inch baking dish sprayed with cooking spray; top with remaining cheese. Refrigerate overnight.
- 3 Heat oven to 350°F. Bake casserole, uncovered, 48 to 50 min. or until top is puffed and golden brown, and knife inserted in center comes out clean.

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# RISE AND SHINE

Start your morning off right with this high-protein, low-fat breakfast skillet that'll beat anything you could get at your local greasy spoon.

## SAVORY BREAKFAST SKILLET

SERVES 1

- 1 sweet apple chicken sausage, diced
- 1 cup cubed sweet potato
- 1 tsp olive oil
- ½ cup sliced baby portobello mushrooms
- ½ cup diced red bell pepper
- ½ cup thinly sliced Vidalia onion
- ½ tsp smoked paprika
- ¼ tsp cayenne pepper
- ½ tsp garlic powder
- Sea salt and black pepper
- 3 eggs

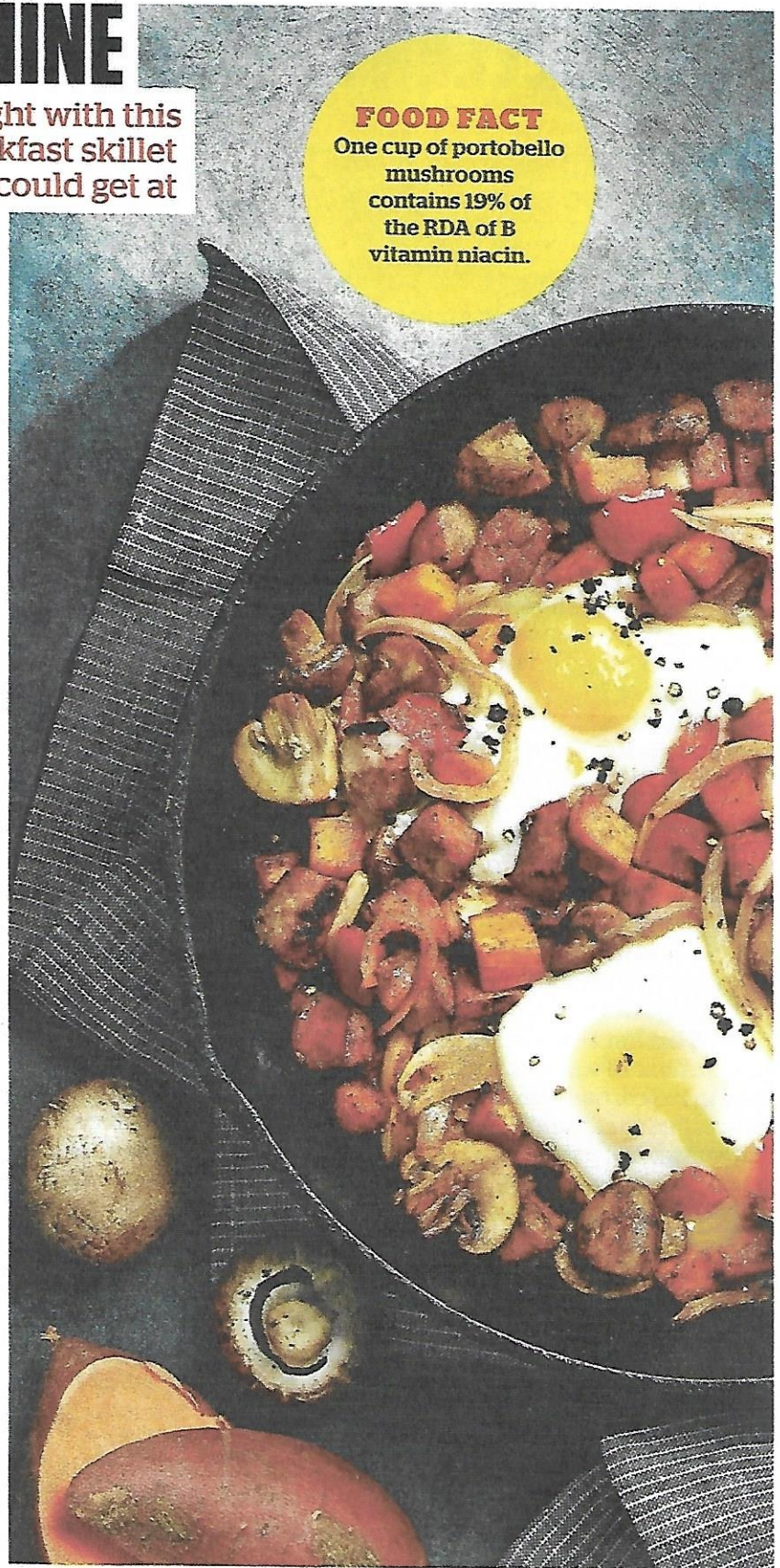
1. Preheat oven to 400°F.
2. Place a cast-iron skillet on medium-low heat, add sausage, and sauté 10 minutes.
3. Add sweet potato and sauté for another 10 minutes, stirring occasionally, until potatoes become tender and brown on edges. If pan is too dry, add olive oil. Add mushrooms, red pepper, onion, and spices and stir to combine.
4. Make 3 holes in the vegetable mixture, crack an egg into each hole, and transfer skillet to oven. Bake for 5 to 10 minutes, depending on how runny you like your egg yolks.

### THE MACROS

401	43g	28g	13g
CALORIES	PROTEIN	CARBS	FAT

### FOOD FACT

One cup of portobello mushrooms contains 19% of the RDA of B vitamin niacin.



Photograph by Tktktktk



# Scrambled Egg Muffins



Prep	Cook	Ready In
10 m	20 m	30 m

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1000 Chestnut Commons Dr  
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Recipe By: aveal

"These scrambled egg muffins with plenty of sausage and Cheddar cheese make a filling and fun treat at your next brunch. They're pretty, hearty, and fun to serve."

## Ingredients

1/2 pound bulk pork sausage	1/2 teaspoon salt
12 eggs	1/4 teaspoon ground black pepper
1/2 cup chopped onion	1/4 teaspoon garlic powder
1/2 cup chopped green bell pepper, or to taste	1/2 cup shredded Cheddar cheese

## Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Lightly grease 12 muffin cups, or line with paper muffin liners.
- 2 Heat a large skillet over medium-high heat and stir in sausage; cook and stir until sausage is crumbly, evenly browned, and no longer pink, 10 to 15 minutes; drain.
- 3 Beat eggs in a large bowl. Stir in onion, green pepper, salt, pepper, and garlic powder. Mix in sausage and Cheddar cheese. Spoon by 1/3 cupfuls into muffin cups.
- 4 Bake in preheated oven until a knife inserted near the center comes out clean, 20 to 25 minutes.

**Johnsonville Hot Italian Sausage**  
**Links 19.76 Oz**  
\$3.98 for 1 item -  
expires in 4 days

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## Easy Sausage Gravy and Biscuits



Prep	Cook	Ready In
5 m	10 m	15 m

allrecipes!

Recipe By: JimmyDean

"Hot jumbo buttermilk biscuits with creamy sausage gravy are ready in just 15 minutes for a hearty, family-favorite breakfast."

### Ingredients

1 (16 ounce) can refrigerated jumbo buttermilk biscuits    2 1/2 cups milk  
1 (9.6 ounce) package Jimmy Dean(R) Original Hearty Pork Sausage Crumbles  
Salt and ground black pepper to taste  
1/4 cup flour

### Directions

- 1 Bake biscuits according to package directions.
- 2 Meanwhile, cook sausage in large skillet over medium heat 5-6 minutes or until thoroughly heated, stirring frequently. Stir in flour. Gradually add milk; cook until mixture comes to a boil and thickens, stirring constantly. Reduce heat to medium-low; simmer 2 minutes, stirring constantly. Season to taste with salt and pepper.
- 3 Split biscuits in half. Place 2 halves on each of 8 plates; top with about 1/3 cup gravy.

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# FRENCH TOAST (STUFFED WITH CREAM CHEESE)

Recipe by evelynathens

**PREP TIME:** 10 mins

**TOTAL TIME:** 18 mins

**SERVES:** 2



Photo by maechanfloral

## ABOUT THIS RECIPE

"As per a recipe request."

## INGREDIENTS

4 slices bread, use a good quality, bakery loaf

2 eggs

1 cup milk

1 pinch salt

6 tablespoons cream cheese

1 pinch cinnamon

1 teaspoon sugar

1/2 teaspoon vanilla extract

## GARNISHES

cinnamon sugar

1/2 cup sour cream

1/2 cup strawberry, cut up

## DIRECTIONS

Cut each slice of bread in half.

Beat eggs with milk and pinch of salt.

In separate bowl, mash cheese until smooth with cinnamon, sugar, and vanilla, adjusting to taste.

Spread one-fourth of cheese filling evenly over four slices of bread.

Top with unspread slices of bread to form half-sandwiches.

Dip and soak each sandwich in egg-milk mixture, turning so both sides of each sandwich absorb liquid.

Let excess drip off.

Heat unsalted butter in 10 inch skillet, and when hot but not brown, add sandwiches.

Reduce heat and fry slowly for 5 to 7 minutes, or until first side is golden.

Turn and brown second side over low heat.

If sandwiches fry too quickly, filling will not be warm.

Serve immediately, allowing 2 halves to each portion.

Sprinkle with cinnamon-sugar and top with sour cream and strawberries.

### NUTRITION INFO

Serving Size: 1 (362 g)  
 Servings Per Recipe: 2

AMT. PER SERVING	% DAILY VALUE
<b>Calories 565.1</b>	
Calories from Fat 334	59%
Total Fat 37.2g	57%
Saturated Fat 19.7g	98%
Cholesterol 280.8mg	93%
Sodium 649.9mg	27%
Total Carbohydrate 39.8g	13%
Dietary Fiber 1.9g	7%
Sugars 9.7 g	38%
Protein 18.1g	36%



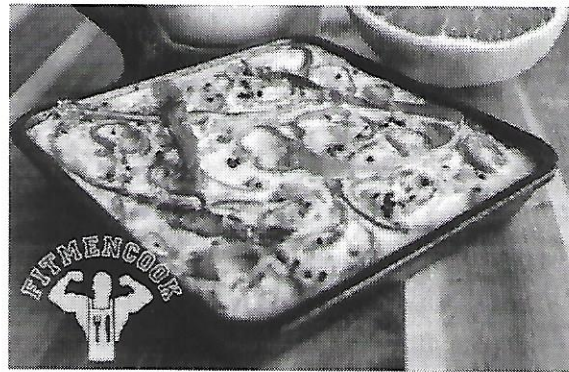


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## Early Riser Breakfast

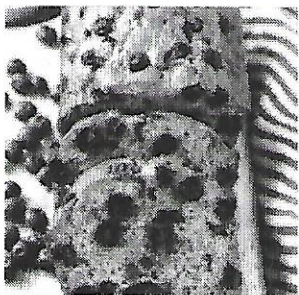
### Ingredients

- 6 egg whites
- 2-3 thick asparagus spears, sliced
- 1/2 cup cooked brown rice and quinoa mix (or cooked oatmeal)
- 1 sweet mini red bell pepper, sliced
- Garlic, pepper and pinch of sea salt
- 1/2 pink grapefruit
- 1 scoop Dymatize ISO whey protein



### Directions

1. Set oven to 405 F.
2. Lightly spray a cast iron skillet with coconut oil or olive oil.
3. Add cooked brown rice and quinoa to the skillet.
4. Pour in egg whites, and then add asparagus strips and pieces and bell pepper slices.
5. Bake in the oven for 15-18 minutes (or until eggs are cooked).



## Blueberry Banana Bread

★★★★★

This recipe for blueberry banana bread is a moist loaf of the classic sweet bread that's chock full of juicy blueberries. It's the perfect snack or dessert option and can be frozen for later use!

**Course** Dessert, Snack

<b>Cuisine</b>	American
<b>Keyword</b>	blueberry banana bread
<b>Prep Time</b>	15 minutes
<b>Cook Time</b>	1 hour 5 minutes
<b>Total Time</b>	1 hour 20 minutes
<b>Servings</b>	10 servings
<b>Calories</b>	222kcal
<b>Author</b>	Sara Welch

### Ingredients

- 2 cups all purpose flour + 1 tablespoon to coat the blueberries
- 3/4 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1 cup granulated sugar
- 1/4 cup butter softened
- 1 cup mashed ripe bananas
- 2 eggs
- 1/3 cup vanilla or plain yogurt
- 1 teaspoon vanilla extract
- 1 1/2 cups fresh blueberries plus more for the top of the bread (can substitute frozen although bread may be streaked blue)
- Cooking spray

### Instructions

1. Preheat oven to 350 degrees F.
2. In a medium bowl, combine the 2 cups of flour, baking soda, and salt.
3. Place granulated sugar and butter in a large bowl, beat with a mixer at medium speed until mixture is fluffy and well blended (about 1 minute).
4. Add mashed banana, eggs, yogurt and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist.
5. Place the blueberries in a bowl with 1 tablespoon of flour and toss to coat.
6. Gently fold blueberries into the batter. Spoon batter into an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray. Press additional blueberries into the top of the batter for decoration.

7. Bake for 60-70 minutes or until a wooden pick inserted in center comes out clean. Cool the bread 10 minutes in pan on a wire rack; remove the bread from pan.
8. Cool completely on wire rack.

### **Nutrition**

Calories: 222kcal | Carbohydrates: 39g | Protein: 3g | Fat: 5g | Saturated Fat: 3g | Cholesterol: 44mg | Sodium: 252mg | Potassium: 38mg | Sugar: 20g | Vitamin A: 190IU | Calcium: 10mg | Iron: 1.3mg