

## Salt and Serenity

### Strawberry, Banana, Coconut Bread

The talented Monique of [www.ambitiouskitchen.com](http://www.ambitiouskitchen.com) created this bread. I have adapted it very slightly.

1 1/4 cups all purpose flour  
1/2 cup whole-wheat flour  
1 teaspoon baking powder  
3/4 teaspoon baking soda  
1/4 teaspoon salt  
1 cup ripe mashed banana (about 2-3 bananas)  
3 tablespoons coconut oil, melted and cooled  
1/3 cup packed light brown sugar  
2 teaspoons vanilla extract  
1 egg  
1/4 cup nonfat plain Greek yogurt  
2 tablespoons unsweetened almond milk (soy, coconut, or skim also work)  
2 tablespoons chia seeds  
3/4 cup diced ripe strawberries  
1/4 cup smashed raspberries (or you can use more strawberries)  
1/2 cup sweetened coconut  
3 tablespoons sweetened coconut for topping  
2-4 strawberries, sliced for topping

1. Preheat oven to 350° F. Grease a 9x5 inch loaf pan with cooking spray.
2. In a large bowl, whisk together all purpose flour, whole-wheat flour, baking powder, baking soda and salt; set aside.
3. In a separate bowl, beat together banana, brown sugar, vanilla, egg, yogurt and chia seeds.
4. Gently fold in berries and coconut.
5. Transfer batter to prepared pan. Sprinkle the top with 3 tablespoons coconut. Arrange sliced strawberries in two rows, over the top of the bread.
6. Bake for 45-50 minutes, until skewer inserted into center of bread comes out clean. Cool on wire rack for 20 minutes; remove from pan and return to wire rack to finish cooling. Bread stays fresh for several days. Wrap well and keep on the counter.

