

Breadfruit Mango Bread

Dr. Ken Banks



Ingredients

1 cup pureed or mashed mango

½ cup sugar

4 Tbsp coconut oil

1 tsp vanilla

2 large eggs

1 cup breadfruit flour

½ tsp salt

1 tsp baking soda

1 ½ tsp baking powder

½ tsp nutmeg

½ tsp cinnamon

Directions

Preheat oven 375 degrees.

Grease cake or loaf pan.

Mix first five ingredients together.

Mix in the remaining dry ingredients.

Pour into greased pan.

(It will be soupy.)

Bake at 375 for approximately 40 minutes.



Trees That Feed Foundation