

# 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.



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