



Banana & Blueberry Tea Loaf

Caring for your eyes early on can help protect your vision for years to come.

Blueberries are rich in antioxidants that support eye health, while bananas add natural sweetness the whole family will enjoy.

Ingredients:

- 3 ripe bananas, mashed
- 2 large eggs
- ⅓ cup (80 ml) sunflower or canola oil
- ¼ cup (60 ml) brown sugar or honey
- 1½ cups cake flour or wholewheat flour
- 1 teaspoon baking powder
- ½ teaspoon bicarbonate of soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup fresh or frozen blueberries

Method

- Preheat the oven to 180°C and lightly grease a loaf tin.
- In a bowl, mash the bananas until smooth.
- Whisk in the eggs, oil and sugar or honey.
- In a separate bowl, combine the flour, baking powder, bicarbonate of soda, cinnamon and salt.
- Gently fold the dry ingredients into the banana mixture.
- Carefully fold in the blueberries (do not overmix).
- Pour the mixture into the loaf tin and smooth the top.
- Bake for 45–55 minutes, or until a skewer inserted into the centre comes out clean.
- Allow to cool slightly before slicing.

Healthy Tips

- Use wholewheat flour for extra fibre.
- If your bananas are very ripe, you can reduce the sugar even further.



Why this loaf is good for your eyes

Blueberries are rich in antioxidants, which help protect the eyes from damage caused by ageing and long hours of screen time. Bananas add natural sweetness and energy, making this loaf a healthier option for breakfast or tea. Many cases of vision loss can be prevented through early care, healthy lifestyle choices and regular eye check-ups.

The South African National Council for the Blind works to promote eye health awareness and support blind and partially sighted people living across South Africa.

Disclaimer: This information is provided for general purposes only and does not replace the advice of a qualified doctor or healthcare professional. Please consult your doctor or a registered dietitian if you have any medical conditions, dietary restrictions, or specific nutritional needs.



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