



## Quick Breads



Baking bread is a wonderful activity. It allows you to be creative with different ingredients for a variety of flavors. It can be baked in different sizes and shapes.

Baking bread gives off a wonderful aroma and you have something delicious to show for your time and effort.

Many people are afraid to bake bread at home. Sometimes they are afraid that it takes more time and skills than they have. A good way to start is with quick breads. Quick breads can be made quickly and easily. The leavening agent is either baking powder and/or baking soda that do not require rising time. Quick breads are also batter breads and do not require kneading.

### Quick Breads for Your Health

Quick breads also add nutrition to your diet. Many include fruits, vegetables and nuts, which add vitamins, minerals and fiber to the diet. Basic quick bread recipes are relatively low in fat, sugar, and sodium. Quick bread recipes are easy to alter to make them even healthier.

- Sugar in the recipe can often be reduced by one-third and still give a very good product. For example if a recipe calls for one cup of sugar try using  $\frac{2}{3}$  cup of sugar. The basic recipe for quick bread is one tablespoon of sugar per cup of flour; we have become accustomed to sweeter breads, but try using less.
- Fat also may also be reduced by  $\frac{1}{3}$  in some recipes. The basic proportion for quick breads is two tablespoons of fat per cup of flour.
- Another way to reduce the fat in a recipe is to substitute fruit puree, such as applesauce or fat free plain yogurt for one-half of the fat. For example if a recipe calls for one-half cup of fat, use one-fourth cup of fat and one-fourth cup of fruit puree or fat free plain yogurt.
- The fiber in quick breads can be increased not only with the addition of fruits and vegetable, but by substituting whole grain flour for some of the white flour. Again replacing about one-third of the flour with whole-wheat flour will increase the nutrition and not alter the quality of the finished product.

### Baking Quick Breads

- Stir only enough to moisten dry ingredients. Over mixing cause the bread to be tough.

- Bake quick bread as soon as the mixing is completed in the center of a pre-heated oven.
- Reduce the oven temperature by 25° when using glass pans.
- If bread browns too quickly, cover loosely with aluminum foil.
- Cool quick breads in the pan for 10 minutes; remove from pan and allow to cool completely before slicing.

## Quick Breads and Meals

Quick breads are a great addition to any meal. A slice of Apple Nut bread would be a great addition to breakfast. Banana bread with chicken salad would be a delicious lunch. Also remember quick breads travel well and are easy to include in packed lunches to carry to school or work.

Tightly wrapped quick breads may be frozen, for best quality use within 4 to 6 weeks.

### Basic Nut Bread

- ¾ cup sugar
- 2 Tbsp soft shortening
- 1 egg
- 1-1/2 cups milk
- 1 cup whole-wheat flour
- 2 cups all-purpose flour
- 3-1/2 teaspoons baking powder
- 1 teaspoon salt
- ¾ cup chopped nuts (optional)

Heat oven to 350°F. Grease or spray with non-stick spray a 9x5x3 inch loaf pan.

Mix sugar, shortening and egg thoroughly. Stir in milk. Blend dry ingredients; stir in. Blend in nuts. Pour into pan. Bake 60 to 70 minutes. 20 slices

**Nutrition Info per slice:** Without nuts, 120 calories, 22 gm carbohydrates, 1 gm fiber, 2 gm fat, 12 mg cholesterol, 200 mg sodium.



### Banana Nut Bread

Follow Basic Nut Bread recipe, except use only ¾ cup milk and add 1 cup mashed bananas.

### Orange Nut Bread

Follow Basic Nut Bread except use only ¾ cup milk. Add 4 teaspoons grated orange peel and ¾ cup orange juice.

### Apple Bread

Follow Basic Nut bread add 1 teaspoon vanilla and 1 cup apples, peeled, cored and shredded.

### Carrot-Orange Bread

Follow Basic Nut Bread except use 1 cup of milk, add 1/2 cup orange juice, 1 cup grated carrots, 1 teaspoon grated orange peel, 1 teaspoon ground nutmeg and 1/2 cup raisins.



