VERSATILE QUICK BREAD

Yields: 1 loaf

Ingredients:
- 2 tablespoons baking powder
- ½ cup sugar
- ½ tablespoon baking soda
- 1 egg
- 2 cups whole wheat flour
- ¼ cup water, milk, OR fruit juice
- 1 cup fruit (fresh OR canned OR dried)
- ¼ cup butter OR vegetable oil
- ½ cup chopped nuts OR raisins

Directions:
1. PREHEAT oven to 350°F.
2. GREASE 9” x 5” x 3” loaf pan.
3. SIFT baking powder, and baking soda. MIX thoroughly with wheat flour.
4. In a small bowl, MASH fruit.
5. In a medium bowl, CREAM butter OR oil and sugar.
6. In a small bowl, BEAT egg then ADD to butter and sugar mixture. MIX.
7. ADD water, milk, OR fruit juice and STIR.
8. ADD flour mixture and MIX in gently until completely moist.
9. Optional: ADD chopped nuts and/or raisins. MIX well.
10. POUR into loaf pan.
11. BAKE for 50 minutes.
12. INSERT butter knife or toothpick to test doneness. (Knife/toothpick should come out clean.)

Variations:
Use fruits such as banana, mango, or papaya.
For pumpkin, applesauce, and zucchini bread add: 1 teaspoon cinnamon, ½ teaspoon allspice, ¼ teaspoon cloves.
For cranberry bread add: ¼ teaspoon nutmeg, 1 tablespoon grated orange rind.
For zucchini bread change: water, milk, or fruit juice to ½ cup.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.