VERSATILE QUICK BREAD

Yield: 1 loaf

Ingredients:
- 2 tablespoons baking powder
- 1½ teaspoons baking soda
- 2 cups whole wheat flour
- ¼ cup butter
- OR vegetable oil
- ½ cup sugar
- Optional: ½ cup nuts
- ½ cup raisins
- 1 egg
- 1 cup fruit (fresh OR canned OR dried)
- ¼ cup water, OR lowfat or fat free milk, OR fruit juice

Directions:
1. PREHEAT oven to 350°F.
2. GREASE a 9” x 5” x 3” loaf pan.
3. SIFT baking powder and baking soda. MIX thoroughly with wheat flour.
4. In a large bowl, CREAM butter OR oil and sugar.
5. In a small bowl, BEAT egg, then ADD to butter and sugar mixture. MIX.
6. In a medium bowl, MASH fruit, then ADD to butter, sugar, and egg mixture. MIX.
7. ADD water, milk, OR fruit juice. STIR.
8. ADD flour mixture and MIX in gently until completely moist.
9. Optional: CHOP nuts. ADD 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 fruit such as banana, mango, or papaya.
For pumpkin and applesauce bread add: 1 teaspoon cinnamon, ½ teaspoon allspice, ¼ teaspoon cloves.
For cranberry bread add: ½ teaspoon nutmeg, 1 tablespoon grated orange rind.
For zucchini bread add: 1 teaspoon cinnamon, ½ teaspoon allspice, ¼ teaspoon cloves, and an additional ¼ cup of water, milk, or fruit juice.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.