VERSATILE quick bread

yield: 1 loaf

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

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:
- ¼ 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. REFER TO PAGES 98-101.