

## ◆ Basic Nut Bread

*Yield: 1 loaf, 18 servings*

### Ingredients

1 cup sugar  
 1/4 cup butter or margarine, softened  
 2 eggs  
 1 1/2 cups milk  
 3 cups all-purpose flour  
 3 1/2 teaspoons baking powder  
 1 teaspoon salt  
 3/4 cup nuts, chopped

### Equipment

9" x 5" x 3" loaf pan  
 Nonstick cooking spray  
 Mixing bowls, large and small  
 Measuring cups and spoons  
 Mixing spoon  
 Toothpick  
 Cooling rack

### Order of Work

1. Preheat oven to 350 degrees F. Lightly coat the loaf pan with nonstick cooking spray.
2. Mix sugar, butter or margarine, and eggs thoroughly in large mixing bowl.
3. Add milk and stir. Set aside.
4. Measure flour and place in separate mixing bowl. Add baking powder and salt. Stir until blended.
5. Add flour mixture to liquid mixture. Stir just until dry ingredients are moist.
6. Blend in nuts.
7. Pour batter into prepared pan. Bake 55-60 minutes or until toothpick comes out clean.
8. Cool on cooling rack for 10 minutes. Remove from pan and place on cooling rack.

**Nutrition Facts per Serving:** 193 calories, 7 g fat, 273 mg sodium, 29 g carbohydrate, 1 g fiber, 4 g protein, 50 mg calcium.

### Variations of Nut Bread

**Apple Bread** — Follow Basic Nut Bread recipe; add 1 teaspoon vanilla and 1 cup apples, peeled, cored, and shredded.

**Banana Nut Bread** — Follow Basic Nut Bread recipe, except use only 3/4 cup milk. Add 1 cup very ripe, mashed bananas.

**Carrot-Orange Bread** — Follow Basic Nut Bread recipe except use 1 cup of milk. Add 1/2 cup orange juice, 1 cup grated carrots, 1 teaspoon ground cinnamon, 1 teaspoon grated orange peel, 1 teaspoon ground nutmeg, and 1/2 cup raisins.

**Orange Nut Bread** — Follow Basic Nut Bread recipe except use only 3/4 cup milk. Add 4 teaspoons grated orange peel and 3/4 cup orange juice.

**Whole Grain** — Follow Basic Nut Bread recipe and replace 1 cup of all-purpose flour with 1 cup of whole wheat flour.