CREATE A SAVORY QUICK BREAD

Create a delicious savory quick bread from simple foods. Just follow each step and use your imagination! Each quick bread makes 12 slices.

**DIRECTIONS:**

<table>
<thead>
<tr>
<th>Step</th>
<th>Instructions</th>
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<tbody>
<tr>
<td>1</td>
<td>In a liquid measuring cup&lt;br&gt;• Place 2 teaspoons lemon juice or vinegar, add milk (dairy, soy, or almond) to make ¾ cup, let sit for 5 minutes.&lt;br&gt;• Other options: ¾ cup buttermilk; ¾ cup plain yogurt</td>
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<td>2</td>
<td>In large bowl&lt;br&gt;Lightly beat 2 eggs with fork OR mix 2 tablespoons ground flax seed with 6 tablespoons warm water. Stir in:&lt;br&gt;• ½ cup pureed white or pinto beans OR ¼ cup oil&lt;br&gt;• Milk mixture from step one</td>
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<td>3</td>
<td>Add flavor to bowl (select one)&lt;br&gt;• 1-2 teaspoons dried thyme, sage, rosemary, parsley, basil, chili powder, cumin, or combination of several (optional)&lt;br&gt;• 1-2 teaspoons garlic powder</td>
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<td>4</td>
<td>Add dry ingredients to bowl&lt;br&gt;1 2/3 cup whole wheat flour&lt;br&gt;2/3 cup oatmeal or cornmeal&lt;br&gt;¼ cup sugar&lt;br&gt;2 teaspoons baking powder&lt;br&gt;½ teaspoon baking soda&lt;br&gt;¼ teaspoon salt</td>
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<td>5</td>
<td>Add extras to bowl (optional): Gently fold in any of the following as desired (do NOT over-mix):&lt;br&gt;• ½-1 cup any of following: onion, green onion, corn, chives, jalapeno, green chili, bell pepper, olives&lt;br&gt;• ½ cup fresh or canned vegetables like shredded zucchini or carrot or pumpkin puree&lt;br&gt;• 2 tablespoons tomato paste&lt;br&gt;• ½ cup shredded cheese&lt;br&gt;• ½ cup chopped nuts/seeds like walnuts, pecans, or almonds&lt;br&gt;• ¼ cup or less sunflower seeds, sesame seeds, poppy seeds</td>
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</table>

**Combine ingredients in order listed. Stir to incorporate ingredients, but do not over mix. Pour batter into loaf pan sprayed with cooking spray and bake in preheated oven at 350° F for 40-50 minutes or until toothpick comes out clean. Cool slightly and remove from pan. Slice to serve. Option: Bake in muffin tins for 18-20 minutes.**

**Suggested combinations:**
• Corn meal, onion, corn, jalapeno or green chili, chili powder, cumin
• Green onion, cheddar cheese, sesame seeds
• Onion, bell pepper, tomato paste, mozzarella cheese
### Create a Sweet Quick Bread

Create a delicious sweet quick bread from simple foods. Just follow each step and use your imagination! Each quick bread makes 12 slices.

**DIRECTIONS:**

1. **In a liquid measuring cup**
   - Place 2 teaspoons lemon juice or vinegar, Add milk (dairy, soy, or almond) to make ¾ cup, let sit for 5 minutes.
   - **Other options:** ¾ cup buttermilk; ¾ cup yogurt

2. **In large bowl**
   - Lightly beat 2 eggs with fork OR mix 2 tablespoons ground flax seed with 6 tablespoons warm water. **Stir in:**
     - ½ cup pureed white or pinto beans OR ½ cup applesauce OR ½ cup mashed banana OR ¼ cup oil
     - 1 teaspoon vanilla
     - Milk mixture from step one

3. **Add flavor to bowl (select one)**
   - 1-2 teaspoons extract such as lemon, almond, coconut, banana
   - 1-2 teaspoons cinnamon or ginger or allspice or combination of several
   - ¼-½ teaspoon nutmeg or clove or cardamom or combination
   - 2-3 teaspoons zest from lemon, lime or orange

4. **Add dry ingredients to bowl**
   - 1 2/3 cup whole wheat flour
   - ½ teaspoon baking soda
   - 2/3 cup oatmeal
   - ¼ teaspoon salt
   - 2 teaspoons baking powder
   - ½ cup sugar (if using applesauce or banana in step 2, use only ¼ cup sugar)

5. **Add extras to bowl (optional):** Gently fold in any of the following as desired (do NOT over-mix):
   - ¼ cup fresh, canned, or dried fruit like chopped apple, blueberry, peach, cherry, raisins, dried cranberry, dried apricot, OR ½ cup fresh vegetables like shredded zucchini or carrot or pumpkin puree
   - ¼ cup chopped nuts/seeds like walnut, pecan, almond
   - ¼ cup or less sunflower seed, sesame seed, poppy seed

**DIRECTIONS:**

Combine ingredients in order listed. Stir to incorporate ingredients, but do not over mix. Pour batter into loaf pan sprayed with cooking spray and bake in preheated oven at 350°F for 40-50 minutes, or until toothpick comes out clean. Cool slightly and remove from pan. Slice to serve. **Option:** Bake in muffin tins for 18-20 minutes.

**Suggested combinations:**
- Lemon zest, dried cranberries, poppy seeds
- Pumpkin puree, cinnamon, pecans
- Cinnamon, cloves, zucchini, walnuts
- Orange zest, diced tart apple, dried cranberries

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For information on how to order printable versions of this handout, go to [extension.usu.edu](http://extension.usu.edu)

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