

CREATE A QUICK BREAD

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.

1	In a liquid measuring cup
	<ul style="list-style-type: none">Place 2 teaspoons lemon juice or vinegar, add milk (dairy, soy, or almond) to make $\frac{3}{4}$ cup, let sit for 5 minutes.Other options: $\frac{3}{4}$ cup buttermilk; $\frac{3}{4}$ cup plain 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: <ul style="list-style-type: none">$\frac{1}{2}$ cup pureed white or pinto beans OR $\frac{1}{4}$ cup oilMilk mixture from step one
3	Add flavor to bowl (select one)
	<ul style="list-style-type: none">1-2 teaspoons dried thyme, sage, rosemary, parsley, basil, chili powder, cumin, or combination of several (optional)1-2 teaspoons garlic powder
4	Add dry ingredients to bowl
	1 $\frac{2}{3}$ cup whole wheat flour
	$\frac{2}{3}$ cup oatmeal or cornmeal
	$\frac{1}{4}$ cup sugar
	2 teaspoons baking powder
	$\frac{1}{2}$ teaspoon baking soda
$\frac{1}{4}$ teaspoon salt	
5	Add extras to bowl (optional): Gently fold in any of the following as desired (do NOT over-mix):
	<ul style="list-style-type: none">$\frac{1}{2}$-1 cup any of following: onion, green onion, corn, chives, jalapeno, green chili, bell pepper, olives$\frac{1}{2}$ cup fresh or canned vegetables like shredded zucchini or carrot or pumpkin puree2 tablespoons tomato paste$\frac{1}{2}$ cup shredded cheese$\frac{1}{2}$ cup chopped nuts/seeds like walnuts, pecans, or almonds$\frac{1}{4}$ cup or less sunflower seeds, sesame seeds, poppy seeds

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:

- 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 QUICK BREAD

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.

1	In a liquid measuring cup
	<ul style="list-style-type: none"> Place 2 teaspoons lemon juice or vinegar, Add milk (dairy, soy, or almond) to make $\frac{3}{4}$ cup, let sit for 5 minutes. Other options: $\frac{3}{4}$ cup buttermilk; $\frac{3}{4}$ cup yogurt
2	In large bowl
	<p>Lightly beat 2 eggs with fork OR mix 2 tablespoons ground flax seed with 6 tablespoons warm water. Stir in:</p> <ul style="list-style-type: none"> $\frac{1}{2}$ cup pureed white or pinto beans OR $\frac{1}{2}$ cup applesauce OR $\frac{1}{2}$ cup mashed banana OR $\frac{1}{4}$ cup oil 1 teaspoon vanilla Milk mixture from step one
3	Add flavor to bowl (select one)
	<ul style="list-style-type: none"> 1-2 teaspoons extract such as lemon, almond, coconut, banana 1-2 teaspoons cinnamon or ginger or allspice or combination of several $\frac{1}{4}$-$\frac{1}{2}$ teaspoon nutmeg or clove or cardamom or combination 2-3 tablespoons zest from lemon, lime or orange
4	Add dry ingredients to bowl
	<ul style="list-style-type: none"> 1 $\frac{2}{3}$ cup whole wheat flour $\frac{1}{2}$ teaspoon baking soda $\frac{2}{3}$ cup oatmeal $\frac{1}{4}$ teaspoon salt 2 teaspoons baking powder $\frac{1}{2}$ cup sugar (if using applesauce or banana in step 2, use only $\frac{1}{4}$ cup sugar)
5	Add extras to bowl (optional): Gently fold in any of the following as desired (do NOT over-mix):
	<ul style="list-style-type: none"> $\frac{1}{2}$ cup fresh, canned, or dried fruit like chopped apple, blueberry, peach, cherry, raisins, dried cranberry, dried apricot, OR $\frac{1}{2}$ cup fresh vegetables like shredded zucchini or carrot or pumpkin puree $\frac{1}{2}$ cup chopped nuts/seeds like walnut, pecan, almond $\frac{1}{4}$ 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

For information on how to order printable versions of this handout, go to extension.usu.edu

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