

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**
 - 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:**
 - $\frac{1}{2}$ cup pureed white or pinto beans OR $\frac{1}{4}$ cup oil
 - Milk mixture from step one
- 3 Add flavor to bowl (select one)**
 - 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 $\frac{3}{4}$ cup whole wheat flour
 - $\frac{3}{4}$ 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):**
 - $\frac{1}{2}$ -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 puree
 - 2 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 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 <ul style="list-style-type: none">• 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 $\frac{1}{2}$ 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• $\frac{2}{3}$ cup oatmeal• $\frac{1}{2}$ cup sugar (if using applesauce or banana in step 2, use only $\frac{1}{4}$ 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">• $\frac{1}{2}$ 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

