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.

## Step 1: Use a liquid measuring cup. Combine the following ingredients:

1. 2 teaspoons lemon juice or vinegar.
2. Add in dairy, soy or almond milk to make ¾ cup.
3. Let it sit for 5 minutes.

Other options could include ¾ cup of butter milk or ¾ cup plain yogurt.

## Step 2: Use a large bowl, combine the following ingredients:

1. Lightly beat 2 eggs with a fork. Or mix 2 tablespoons of ground flax seed with 6 tablespoons of warm water.
2. Add in ½ cup of pureed white or pinto beans or ¼ cup oil.
3. Add in milk and lemon juice mixture from step 1.

## Step 3: Add in flavor to the bowl from the following list:

1. 1-2 teaspoons dried herbs such as thyme, sage, rosemary, parsley, basil, chili powder, or cumin, or a combination of several herbs.
2. 1-2 teaspoons of garlic powder.

## Step 4: Add in the following dry ingredients into the bowl:

1. 1 2/3 cup whole wheat flour
2. 2/3 cup oatmeal or cornmeal
3. ½ cup sugar
4. 2 teaspoons baking powder
5. ½ teaspoon baking soda
6. ¼ teaspoon salt

## Step 5: Add in extras to the bowl from the list below (optional):

1. ½-1 cup of any of the following: onion, green onion, corn, chives, jalapeno, green chili, bell pepper, or olives.
2. ½ cup fresh or canned vegetables such as shredded zucchini, carrot or pumpkin puree.
3. 2 tablespoons of tomato paste.
4. ½ cup shredded cheese.
5. ½ cup chopped nuts/seeds like walnuts, pecans, or almonds.
6. ¼ cup or less sunflower seeds, sesame seeds, or poppy seeds.

Note: Gently fold the extras in but do NOT over mix.

## Step 6: Make the quick bread using the following directions:

1. Combine ingredients in order listed.
2. Stir ingredients, but do not over mix.
3. Pour batter into a loaf pan sprayed with cooking spray.
4. Bake in preheated oven at 350 degrees Fahrenheit. Bake for about 40-50 minutes or until a toothpick comes out clean.
5. Cool slightly and remove from the pan.
6. Slice to serve.

You can also bake in a muffin tin for 18-20 minutes.

Suggested flavor combinations could include the following:

1. Corn meal, onion, corn, jalapeno or green chili, chili powder, cumin.
2. Green onion, cheddar cheese, sesame seeds.
3. Onion, bell pepper, tomato paste, mozzarella cheese.

Create a Sweet Quick Bread

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

## Step 1: Use a liquid measuring cup and mix the following ingredients:

1. 2 teaspoons lemon juice or vinegar.
2. Add in dairy, soy or almond milk to make ¾ cup.
3. Let it sit for 5 minutes.

Other options could include ¾ cup of butter milk or ¾ cup plain yogurt.

## Step 2: Use a large bowl and mix the following ingredients:

1. Lightly beat 2 eggs with a fork OR mix 2 tablespoons of ground flax seed with 6 tablespoons of warm water.
2. Add in ½ cup of pureed white or pinto beans or ¼ cup oil.
3. Add in the milk and lemon juice mixture from step 1.

## Step 3: Add in flavor to the bowl from the following list:

1. 1-2 teaspoons extract such as lemon, almond, coconut, banana.
2. 1-2 teaspoons of cinnamon, ginger, allspice, or a combination of several.
3. ¼-½ teaspoon nutmeg, clove, cardamom or a combination of several.
4. 2-3 tablespoons of zest from lemon, lime, or orange.

## Step 4: Add in the following dry ingredients into the bowl:

1. 1 2/3 cup whole wheat flour
2. 2/3 cup oatmeal or cornmeal
3. ½ cup sugar (if you are using applesauce or banana in step 2, use only ¼ cup sugar)
4. 2 teaspoons baking powder
5. ½ teaspoon baking soda
6. ¼ teaspoon salt

## Step 5: Add in extras to the bowl from the list below (optional):

1. ½ 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, carrot, or pumpkin puree.
2. ½ cup chopped nuts/seeds like walnut, pecan, or almond.
3. ¼ cup or less of sunflower seeds, sesame seeds, or poppy seeds.

Note: Gently fold the extras, if desired, but do NOT over mix.

## Step 6: Make the quick bread using the following directions:

1. Mix ingredients in order listed. Do not over mix.
2. Sprayed with cooking spray and then pour the batter in.
3. Bake in preheated oven at 350 degrees Fahrenheit for about 40-50 minutes or until a toothpick comes out clean.
4. Cool slightly and remove from the pan.
5. Slice to serve.

Another possibility could be to bake in a muffin tin for 18-20 minutes.

Try other flavor mixes:

1. Lemon zest, dried cranberries, poppy seeds.
2. Pumpkin puree, cinnamon, pecans.
3. Cinnamon, cloves, zucchini, walnuts.
4. Orange zest, diced tart apple, dried cranberries.

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