

Whole Wheat Quick Bread

What's better than warm bread on a cold day? This is a quick bread, which means that it uses baking powder instead of yeast. Quick breads are faster than yeast breads because they don't have to rise before baking. Be sure to follow the ingredient list and directions exactly.

Serves: about 6 adults (makes great leftovers though!)

Time: about 1 hour (15 minutes active time)

Bowl #1 Ingredients

- 8 oz (1 cup) low fat PLAIN yogurt
- 1 egg
- ¼ cup canola oil
- ¼ cup sugar
- 1 cup quick oats
- ¾ cup milk (any type, cows milk is best)

Bowl #2 Ingredients

- 1+ ⅓ cup whole wheat flour (or white whole-wheat flour)
- 1 cup all purpose flour
- 2 + ¼ teaspoons baking powder
- ¼ teaspoon baking soda
- 1 ¼ teaspoon salt

For the loaf pan

- Nonstick cooking spray (any variety will work)
- 1 Tablespoon quick oats

For the top

- 1 Tablespoon quick oats

Directions

1. Preheat the oven to 375 and place the oven rack in the middle position.
2. You will need 2 bowls to make this recipe. In bowl #1, beat together 1 egg, 1 cup yogurt and ¼ cup canola oil. Then add ¼ cup sugar, 1 cup quick oats and ¾ cup milk. Stir until well combined and set this bowl aside.
3. In bowl #2, whisk together the 1+⅓ cup whole wheat flour, 1 cup all purpose (white) flour, 2+¼ teaspoons baking powder, ¼ teaspoon baking soda and 1+¼ teaspoon salt. Make sure you whisk them together well, or you will get chunks of baking powder in your bread (which is yucky).
4. Pour flour mixture (bowl #2) into the bowl with the eggs and yogurt (bowl #1). Stir gently until just barely combined. If you stir it too much, your bread will be tough and yucky.
5. Prepare the bread pan by spraying it with cooking spray. Make sure to coat it thoroughly on the bottom and sides. Sprinkle 1 Tablespoon of quick oats on the pan and shake the pan to spread the oats on the bottom.
6. Pour the bread dough into the pan. Sprinkle the top with 1 Tablespoon of quick oats. Place in the oven on the middle rack. Bake for 40 minutes. Test with a knife, if it comes out clean, it's done. If the knife is not clean, leave it in the oven and re-check every 5 minutes until the knife comes out clean.
7. Let cool completely before cutting, otherwise the bread will crumble apart.

