



Whole Wheat Quick Bread

Ingredients

- 1 1/4 cups all-purpose flour
- 1 cup buttermilk
- 1 cup whole wheat flour
- 3 tablespoons honey
- 1 1/2 teaspoons baking powder
- 1/2 cup raisins
- 1/2 teaspoon salt
- 1/2 cup chopped pecans or walnuts
- 1/2 teaspoon baking soda
- 1 egg white, beaten
- 1 egg, beaten

Directions

1. In a large bowl, mix flours, salt, soda and baking powder. Make a well in the center.
2. In another bowl, mix egg, milk and honey. Add egg mixture to dry mixture all at once. Stir just until moistened. Stir in raisins and pecans.
3. Turn dough onto a greased baking sheet. Pat with wet fingers into a 6-inch round. Brush with egg white.
4. Bake at 350 F for 20-25 minutes until golden brown or until a toothpick inserted in the center comes out clean.

NUTRITIONAL INFORMATION: (Amount per serving) *Serves: 16, Calories: 124, Fat: 3g, Carbohydrates: 21g, Fiber: 2g, Protein: 3g, Sodium: 162mg*