

Quick Brown Bread

Warm and comforting quick bread with whole wheat flour and a hint of sweet brown sugar.

Makes: 16 slices
 Prep Time: 10 minutes
 Cook Time: 50 minutes

Source: Food Hero

Ingredients

- 2 cups whole-wheat flour
- $\frac{2}{3}$ cups all-purpose flour
- $\frac{1}{3}$ cup brown sugar, molasses or honey (see Notes)
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 2 cups low fat buttermilk

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease a 9x5-inch bread pan.
3. In a large bowl, mix together flours, sugar, baking soda and salt.
4. Add buttermilk and stir until mixed.
5. Pour mixture into the bread pan and smooth into the corners.
6. Bake until the top is golden brown and a toothpick inserted into the middle comes out clean, 45 to 50 minutes.
7. Cool about 5 minutes and remove from the pan. Cool at least 15 minutes more before cutting. Enjoy warm.
8. Wrap leftovers and store at room temperature.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 slice	
Nutrients	Amount
Calories:	100
Total Fat:	0.5g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	210mg
Total Carbohydrates:	21g
Dietary Fiber:	2g
Total Sugars:	6g
Added Sugars:	4g
Protein	4g

Utensils Needed

- Bread pan
- Large bowl
- Fork or whisk
- Mixing spoon
- Measuring spoons
- Measuring cups



SHOPPING LIST

Average total cost without oil and seasonings: \$9.35

Average cost/serving: \$.58

Makes:16 slices

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Buttermilk



Add 1 to Cart
Brown sugar



Add 1 to Cart
Baking soda



Add 1 to Cart
Flour



Add 1 to Cart
Whole wheat flour

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- No buttermilk? Add enough milk to 2 Tablespoons of lemon juice or vinegar to make 2 cups. Stir well and let stand 5 minutes.
- If using honey or molasses, mix with the buttermilk before stirring into the dry ingredients.

