

National Network For Child Care (nccc.org)

HEALTH BREAD

The following recipe was perfected by dietitian Maureen McCarthy and her son, Gregory. This bread doesn't have to be measured exactly. Even if ingredients vary slightly, it won't be a baking failure. Since there is no shortening, eggs, or yeast, this bread is "textured" or "heavy." Do try it, because it has a delightful flavor and it is very nutritious.

4 1/2 c. whole wheat flour
1 c. sugar
1 1/2 t. salt
1 1/2 t. baking soda
3 c. buttermilk*
1 1/2 c. raisins
1 c. nuts

(*If you don't have buttermilk, use 6T. of vinegar and add enough milk to make 3 c. Let it set for a few minutes before adding to the recipe.)

Sift dry ingredients into an extra large mixing bowl.

Add buttermilk, nuts, and raisins and stir well.

Divide into two loaf pans and bake at 350 degrees for 50 minutes.