Low-Fat Quick Bread with Variations

1/3 cup milk powder
2 tsp. baking powder
1/2 tsp. baking soda
2/3 cup sugar
1/2 tsp. salt
1 egg
1 cup Stone-Buhr whole wheat flour
1 cup Stone-Buhr unbleached cookie flour
3 Tbsp. oil
1 cup water
1 tsp. vanilla

In a medium bowl, mix all the dry ingredients by hand. In a small bowl, whisk the wet ingredients, and add to the dry ingredients. Stir by hand until just mixed in. The batter will be lumpy. You can use either (1) 9 x 5-inch loaf pan or (2) 3 1/2 x 7 1/2 -inch loaf pans. Grease the pans well and add the batter.

Bake at 350°F until a toothpick inserted in the center comes out clean.

The 9" x 5" pan will take 35 to 50 minutes and the 3 1/2 x 7 1/2 -inch pans will take 30 to 40 minutes.

Let sit for 10 minutes, then remove from pan and cool on a wire rack. Wrap in plastic. Let sit overnight for a more developed flavor. They freeze beautifully.

Apple Walnut ~
Substitute 1/3 cup of the white sugar for brown sugar. Add 1/2 tsp. each of cinnamon and nutmeg, and 1 cup of coarse chopped walnuts to the dry ingredients. Add 2 tart apples that have been peeled and finely chopped to the wet ingredients after whisking.

Cranberry Orange Hazelnut ~
Add 1/2 cup dry cranberries, 1/2 cup coarse chopped hazelnuts, and the grated rind of 1 orange to the dry ingredients.

Molasses Chocolate Chip ~
Remove 1/3 cup sugar from the dry ingredients. Replace the milk powder with 4 Tbsp. buttermilk powder, add 1 tsp. cinnamon, and 1 cup chocolate chips to the dry ingredients. Add 1/3 cup molasses to the wet ingredients.

Banana Nut Bread

3/4 cup sugar
1 tsp. baking soda
1 tsp. salt
1/4 cup melted butter
1 egg
1 1/2 cups Stone-Buhr unbleached white bread flour
1/2 cup coarsely chopped pecans or walnuts
1 tsp. grated orange rind
3 large ripe bananas (4 if small) (optional)

Preheat oven to 325°F. In a large bowl, mash bananas with a fork. Add butter, sugar, and egg. Set aside. In a medium bowl, mix flour, baking soda and salt. Slowly add the dry mixture to the wet mixture. Fold in nuts and orange rind; pour into buttered 9 x 5-inch loaf pan. **Bake** for 1 hour.

Makes 1 loaf.