

Focus on Nutrition: Serve Homemade Quick Bread

Homemade bread, hot, tasty, fresh out of the oven!! Everyone will agree it is a treat. Serve easy to make quick breads with your family meals. When you make them at home, you can enjoy them at less cost.

Everyone needs bread or cereals every day. Bread is a good, nutritious food. It has vitamins, minerals and some protein and is also a good source of energy. Bread and cereal foods provide these nutrients at low cost.

You say bread has a lot of calories? Bread contains many important nutrients but it is really not so high in calories. It's the good things you have on bread and the number of servings you eat that makes the calories mount. Take a look at this:

Serving	Calories
1 plain muffin	120
1 muffin, butter	155
1 pancake	60
1 pancake, butter & syrup	155
1 slice of bread	55
1 slice of bread, butter, jelly	140
1 slice banana bread	110
1 slice banana bread, butter	145

What is a quick bread? Muffins, biscuits and pancakes are some examples of quick breads. They are breads that use baking powder or soda instead of yeast to make them rise. Quick breads are mixed less than yeast bread. They are usually not kneaded.

Try these quick bread recipes. Your family will enjoy them. Foods from the Abundant Food Program can be used to make these and other delicious recipes.



MAKE AHEAD MIXES

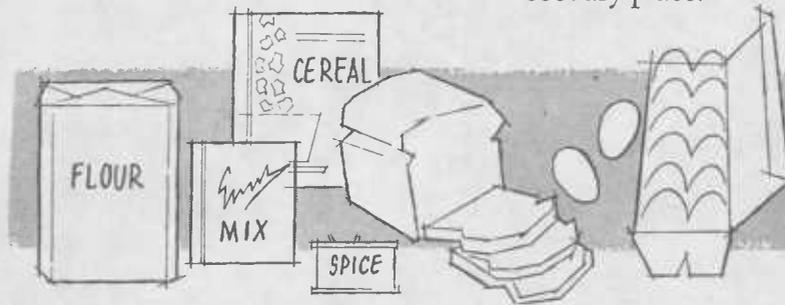
Homemade mixes are great because they save you time! They are easy to make, easy to store and easy to use. Make the mixes when you have some time to spare. Store them. Then, save time when you use them to make quick breads.

Try the rolled wheat or rolled oats mix as a starter. The wheat or oats add an interesting texture. Then try using the Master Mix. For directions on making Master Mix, ask your County Extension Agent for "Cooking with Ready Made Mix," Fact Sheet 116.

ROLLED WHEAT OR OAT MIX: Makes 3 quarts of mix.

1. **MIX** together:
3-1/2 cups flour
1-1/2 cups dry milk
2 Tbsp. baking powder
1 Tbsp. salt

2. **ADD** and **MIX:**
4 cups rolled wheat or oats (or use 2 cups of each)
3. **CUT IN:**
1-1/2 cups shortening
4. **MIX** well. **STORE** in a covered container in a cool dry place.



RECIPES USING ROLLED WHEAT-OAT MIX

BANANA BREAD: A good way to use ripe bananas.

1. **PREHEAT** oven to 350°.
2. **MIX** until all ingredients are moist:
3 cups rolled wheat or oat mix
2/3 cup brown sugar
2 eggs or 1/2 cup packed dried egg mix plus 1/2 cup water
1 cup mashed ripe banana (2-3 bananas)
2/3 cup water
3. **POUR** batter into one greased loaf pan (9 x 5).
4. **BAKE** one hour. **TURN OUT** loaf to cool. **STORE** in air-tight container, plastic bag or wax paper.

APPLE-RAISIN BREAD: A moist bread that keeps well.

1. **PREHEAT** oven to 350°.
2. **BLEND** well:
3 cups rolled wheat or oat mix
1/2 cup brown sugar
1/2 cup raisins

- 1 egg or 1/4 cup packed dried egg mix plus 1/4 cup water*
1 cup applesauce
1 tsp. cinnamon
1/2 cup sugar
1/2 cup milk

3. **POUR** into greased loaf pan (9 x 5).
4. **BAKE** one hour. **TURN OUT** loaf to cool. **STORE** in air-tight container, plastic bag or wax paper.

PANCAKES: An old favorite with a new twist.

1. **MIX** together in bowl:
2 cups rolled wheat or oat mix
1 egg or 1/4 cup packed dried egg mix plus 1/4 cup water
2/3 cup water
2. **BAKE** on hot skillet until browned on both sides. Makes 12-15 pancakes.

NOTE: You may add a dash of cinnamon to batter if you like.

PRIZE PRUNE BREAD: Kids like this!

1. **SIMMER** until tender:
1/2 lb. (about 1-1/2 cups) dried prunes
4 cups water
2. **COOL** the prunes. **SAVE** the prune juice.
3. **CHOP** cooled, pitted prunes.
4. **PREHEAT** oven to 350°.
5. **COMBINE** and **MIX** well:
3 cups rolled wheat or oat mix
1 egg, beaten, or 1/4 cup packed dried egg mix plus 1/4 cup prune juice
1 cup nuts (if you like)
1 cup sugar
1/2 cup prune juice
6. **STIR** prunes into batter.
7. **TURN** into greased and floured 9 x 5 loaf pan.
8. **BAKE** one hour. **TURN OUT** loaf to cool. **STORE** in air-tight container, plastic bag or wax paper.



CINNAMON COFFEE CAKE: Delicious served warm with a glass of milk!

1. **PREHEAT** oven to 375°.
2. **MIX** in bowl:
2 cups rolled wheat or oat mix
1 cup packed brown sugar
3. **TAKE OUT** 1/4 cup and set aside.
4. **ADD** to remaining mixture and **BEAT** well:
1/4 tsp. cinnamon
1/4 tsp. nutmeg
1 egg, beaten, or 1/4 cup dried egg mix plus 1/4 cup water
1/2 cup water
5. **SPREAD** in greased pan (about 8 x 8 inches).
6. **SPRINKLE** with remaining 1/4 cup crumbs (from step 3).
7. **BAKE** about 30 minutes. **SERVE** warm.

MUFFINS: A special touch for an everyday meal.

1. **PREHEAT** oven to 425°.
2. **PUT INTO BOWL** and **STIR** just enough to moisten:
2-1/4 cups rolled wheat or oat mix
2 Tbsp. sugar
1/2 cup raisins
1 egg, beaten, or 1/4 cup packed dried egg mix plus 1/4 cup water
2/3 cup water
3. **SPOON** into greased muffin cups, filling each cup about 2/3 full. Makes 10-12.
4. **BAKE** for about 20 minutes. **SERVE** warm.

FRUIT CRISP: A yummy dessert!

1. Preheat oven to 375° F.
2. **MIX** topping in a medium sized bowl:
1-1/4 cups rolled wheat or oat mix
1/2 cup sugar
3. **PREPARE** fruit:
1 to 2 large cans (1 lb. 12 oz.) of fruit (peaches or any other fruit), OR
1 to 2 qts. home canned fruit, OR
2-1/2 lbs. (about 8 medium) apples or peaches
If canned fruit is used, drain fruit. Place drained fruit in pan (8 x 8). Liquid may be saved and used in making gelatin dessert, tapioca or as sweetening in fruit punch. If fresh fruit is used, wash, peel, core and slice into pan (8 x 8).
4. **SPREAD** topping evenly over fruit in pan.
5. **BAKE** 40 to 50 minutes or until topping is brown and fruit is tender.
6. **SERVE** warm with milk or ice cream, if you like.

DUMPLINGS: Serve on a hearty stew.

1. **MIX** well:
1-1/2 cups rolled wheat or oat mix
1/2 cup flour
1/2 cup water
2. **SPOON** onto gently boiling stew.
3. **COOK** uncovered for 10 minutes.
4. **COVER** and **COOK** 10 minutes more. **SERVE** hot.

OTHER QUICK BREADS

There are other quick breads you can make that do not use a mix. Try these too!

APPLE CORN BREAD: A tasty change for the family!

1. **PREHEAT** oven to 400°.
2. **MIX** together in a large bowl:
3/4 cup flour
3/4 cup corn meal
1-1/2 tsp. baking powder
1/2 tsp. salt
1 Tbsp. sugar
3. **BEAT** in a small bowl:
1 egg or 1/4 cup packed dried egg mix plus 1/4 cup water
1 Tbsp. oil
3/4 cup milk
4. **ADD** to dry ingredients and **MIX** until all ingredients are moist.
liquid mixture
3/4 cup diced apples
5. **POUR** into greased pan (about 8 x 8).
6. **BAKE** 25 minutes. **SERVE** warm.

BAKING POWDER BISCUITS: Great with butter, jam, gravy, honey, etc.

1. **PREHEAT** oven to 450°.
2. **MIX** together in a large bowl:
1-3/4 cups flour
1 Tbsp. baking powder
1 tsp. salt
3. **ADD** and **MIX** with pastry blender or a fork until mixture is like coarse corn meal:
1/3 cup shortening
4. **ADD** and **MIX** lightly with a fork:
1/2 cup of milk
5. **ADD** just enough more milk to make the dough form a ball.
6. **PLACE** dough on a surface which has been lightly covered with flour.
7. **KNEAD** dough gently 6 times.

8. **ROLL** dough out to 1/2 inch thickness with a rolling pin or jar.
9. **CUT** into circles or squares with a biscuit cutter, knife or jar lid dipped in flour. Makes about 12-15 biscuits.
10. **PLACE** on ungreased cookie sheet 2 inches apart for crusty sides or closer together for soft sides.
11. **BAKE** 12-15 minutes or until light brown.

VARIATIONS FOR BAKING POWDER BISCUITS

To make **DROP BISCUITS:** **INCREASE** milk in step 5 to 1 cup. Do not knead or roll out. **DROP** by large spoonfuls 1 inch apart on greased cookie sheet or **FILL** greased muffin cups 2/3 full.

To make **ORANGE BISCUITS:** Before adding milk in step 5, **ADD** grated rind of one orange.

To make **CHEESE BISCUITS:** **ADD** 1/4 to 1/2 cup grated cheese to dry ingredients.

MOCK CORN TORTILLAS: Top tortillas with meat, beans, cheese or other favorite foods.

1. **MIX** together:
2 cups corn meal
1/2 cup flour
1 tsp. salt
2. **ADD:**
2 cups water
3. **STIR** until smooth.
4. **COOK** and **STIR** constantly over medium heat (about 15 minutes) until mixture is stiff and rubbery and pulls away from the pan.
5. **REMOVE** from heat and **COOL** until you can handle dough.
6. **DIVIDE** dough into 12 balls. **NOTE:** Dough is easier to handle if you oil your hands first.
7. **ROLL** or **PRESS** balls between greased wax paper to make 4 inch rounds.
8. **COOK** on both sides in heated, greased fry pan.
9. **TOP** with cooked meat, cheese or vegetables. **SERVE** and **EAT** right away.



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