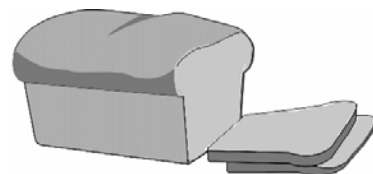


# QUICK BREADS



## Banana-Wheat Quick Bread

2/3 cup sugar	1 1/4 cups all-purpose flour
1 1/2 cups (3 medium) bananas, mashed	1/2 cup whole wheat flour
1/4 cup margarine or butter, softened	1 teaspoon baking soda
1 tablespoon orange juice	1/4 cup raisins
1 egg	

Heat oven to 325°F. Grease (not oil) and flour bottom of 9" x 5" or 8" x 4" pan. In large bowl, blend first 5 ingredients. Beat 1 minute at medium speed. Stir in remaining ingredients. Pour batter into prepared pan. Bake for 60-70 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan. Cool.

Makes 1 loaf or 18 slices.

**NUTRITION FACTS (per serving) - Calories 115 ~ fat 2.5 g ~ calories from fat 25 ~ sodium 82 mg ~ total carbohydrate 23 g**

## Easy Strawberry Coffee Cake

1 loaf (1 pound) frozen bread dough, white or whole wheat  
1 – 12-ounce jar strawberry jam\*\*  
non-stick spray coating  
flour for rolling dough

Thaw bread dough according to directions on package for thawing and rising. Punch dough down. Divide into 2 pieces. Roll each portion of dough into 12 by 8-inch rectangle pan. Spread half of strawberry jam lengthwise down center third of dough. Cut 1-inch wide strips diagonally on both sides to within 3/4-inch of filling. Alternately fold opposite strips of dough at angle across filling. Transfer to greased baking sheet. Let rise 20 minutes. Preheat oven to 350° F. Bake 15-20 minutes or until lightly browned. Remove from baking sheet to wire rack and allow to cool. Each coffee cake makes 12 pieces.

Makes 2 loaves, each serves 12 pieces.

\*\*May use fruit puree (ie – prune, apricot) or another flavor of jam.

**NUTRITION FACTS (per serving) - Calories 76 ~ fat 1 g ~ calories from fat 8 ~ sodium 115 mg ~ total carbohydrate 14 g** (Nutrient value of this recipe will vary according to products selected.)



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The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.