

FRUITY QUICK BREAD

INGREDIENTS

- 1 teaspoon **vegetable oil**
- 2 cups **whole wheat flour**
- 1 teaspoon **baking powder**
- 1 teaspoon **baking soda**
- 1 large **egg**
- ¼ cup **vegetable oil**
- ½ cup **sugar**
- ¼ cup **low-fat milk**
- 2 cups diced **fresh mango**
- Optional: ½ cup chopped **nuts** or **dried cranberries**

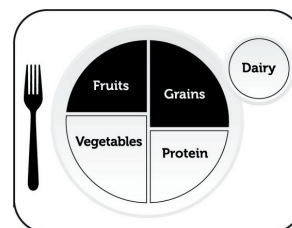
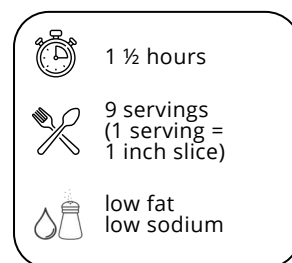
DIRECTIONS

Always practice food safety when cooking.

- 1) Preheat oven to 350 °F.
- 2) Use 1 teaspoon oil on a clean paper towel or wax paper to wipe the inside of a 9-inch x 5-inch loaf pan. Set aside.
- 3) Measure the whole wheat flour. See “Measuring Ingredients” (page 30). Add the measured flour into a large bowl.
- 4) Sift baking powder and baking soda over the bowl using a hand-held strainer/sifter (see “Kitchen Essentials” on page 31).
- 5) Mix ingredients thoroughly. Set aside.
- 6) In a medium bowl, beat egg.
- 7) Add oil and sugar to beaten egg. Mix.
- 8) Add milk and stir. Set aside.
- 9) In a medium bowl, mash mango to a smooth consistency with a fork. You may leave some small lumps if desired.
- 10) Add the egg, oil, sugar, and milk mixture to the mango. Mix thoroughly.
- 11) Add wet ingredients to flour mixture in large bowl. Mix in gently until thoroughly moist.
- 12) Optional: Add chopped nuts or cranberries. Mix well.
- 13) Pour into loaf pan. Bake for 45 to 50 minutes or until a butter knife or wooden toothpick inserted into the center of the loaf comes out clean.

NOTES

- Other fruits such as papaya or banana can be used in place of the mango.
- Frozen fruit can also be used instead of fresh fruit.



Nutrition Facts	
9 servings per container	
Serving size 1-inch slice (94g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 210mg	9%
Total Carbohydrate 36g	13%
Dietary Fiber 3g	11%
Total Sugars 17g	
Includes 11g Added Sugars	22%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 1mg	6%
Potassium 177mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.