



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Brown Bread

Ingredients:

- 1 cup flour or medium rye flour
- 1 cup whole wheat flour
- 1 cup cornmeal
- 1 cup raisins
- 1 ½ teaspoons baking soda
- 1 teaspoon salt
- 2 cups buttermilk
- ¾ cup dark molasses
- 2 Tablespoons oil
- vegetable oil spray

Makes 18 servings - 12% calories from fat

Instructions:

1. Heat oven to 350°F. With vegetable oil spray, greased three one-pound fruit or vegetable cans.
2. In a large bowl, combine first 6 ingredients; add remaining ingredients and blend well.
3. Spoon batter into prepared cans, filling ⅔ full; cover tightly with foil; set cans on foil or cookie sheet to guard against spilling.
4. Bake for 50 - 60 minutes or until toothpick inserted in center comes out clean; cool 15 minutes before removing from cans.

Note:

- Serve warm or use for sandwiches.

Nutrition Facts

Serving Size 1 slice
Servings Per Container 18 slices

Amount Per Serving		
Calories 150	Calories from Fat 20	
		% Daily Value*
Total Fat 2g		3%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 270mg		11%
Total Carbohydrate 32g		11%
Dietary Fiber 3g		12%
Sugars 17g		
Protein 3g		
Vitamin A 0%	Vitamin C 0%	
Calcium 10%	Iron 15%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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