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## Whole Wheat Holiday Bread

### Ingredients:

- 1½ cups whole wheat flour
- 1 cup white flour
- ½ cup rolled oats, uncooked
- ½ cup brown sugar, unpacked
- 1 Tablespoon finely grated orange peel
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1¾ cups buttermilk (or sour milk)
- 1 slightly beaten egg
- vegetable oil spray

*Makes 20 servings - 10% calories from fat*

### Instructions:

1. In a large bowl, add the 1st seven ingredients. Mix together well.
2. Add last two ingredients. Stir just until ingredients are moistened.
3. Spray 1½ quart casserole dish prepared with vegetable oil spray. Pour batter into dish.
4. Bake in preheated 350F oven for 50-60 minutes, covering top with foil during last 15 minutes to prevent over browning.
5. Cool 10 minutes. Turn out onto wire rack.
6. Loaf may be left whole or cut into 20 wedges.

### Notes:

- To make sour milk: place 1 Tablespoon vinegar in a 1-cup measuring cup. Then fill cup with milk to 1-cup line. Let stand 5-10 minutes until milk curdles.
- To give as a gift: wrap loaf in plastic wrap and decorate as desired.

## Nutrition Facts

Serving Size 1 wedge  
Servings Per Container 20

Amount Per Serving

Calories 90      Calories from Fat 10

% Daily Value\*

Total Fat 1g      2%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 10mg      3%

Sodium 115mg      5%

Total Carbohydrate 18g      6%

Dietary Fiber 2g      8%

Sugars 5g

Protein 3g

Vitamin A 0%      • Vitamin C 0%

Calcium 4%      • Iron 4%

\*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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