

# Hometown Food News

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QUICK BREADS—JANUARY 2005

*What is fantastic about Quick Breads?*

*Unlike cookies, cakes and pies, they're healthy using less fat and sugar.*

*Nutrients are added by the use of pureed or grated fruits and vegetables, soaked whole grains, seeds and nuts.*

*Quick breads freeze well, cut easily when cold for simple portion control, and improve in flavor and texture during*

## Quick Bread Kits!

Hometown Foods has created quick bread kits that include a dry mix and a frozen liquid mix. The dry mix consists of flour, sugar, spices, baking powder and soda. A frozen liquid mix consists of oil, egg, milk and whole fruit puree. Included with the liquid

**Quick Breads—a potpourri of whole fruits, grains, seeds and nuts**

mix is a mixture of soaked and cooked steel cut oats, millet, quinoa, flax seeds, sesame seeds and sunflower seeds. All

**Oats**—B vitamins, vitamin E, iron, calcium and phosphorus.

**Millet**—B vitamins, phosphorus, potassium, magnesium and iron.

**Quinoa**—The highest percentage of proteins of all grains.

**Flax seeds**—omega 3 fatty acids, manganese and fiber.

ingredients including the pan are provided. A nutrition label and directions are also provided.

All you do is thaw the liquid mix in the refrigerator overnight; mix in the dry ingredients and pour the mixture in the pan.

Our quick bread kit makes one (24 oz.) loaf. Cut the bread into 12 pieces for a 2 oz. adult serving. A child's portion is 1 oz.

Currently available for sale is **Banana Coriander**. We are experimenting with: **Apple Cinnamon**

## Whole Grain & Seed Nutrients

**Sesame seeds**—Copper and Manganese.

**Sunflower seeds**—Vitamin E and B1 (Thiamin)

In addition to nutrients from whole grains and seeds, Hometown Foods quick breads are **low in cholesterol, saturated fat and sodium.**



ADD FRUITS AND VEGETABLES TO YOUR DIET THE QUICK WAY WITH OUR "QUICK BREADS"!

## Banana Coriander Quick Bread

Sift dry ingredients together in a large bowl.  
1 2/3 c. all purpose flour  
3/4 c. sugar  
1 T. baking powder  
1/2 t. baking soda  
2 t. ground coriander

Mix liquid ingredients together in a separate bowl.  
1/3 c. oil  
1 c. mashed banana  
1 large egg, well beaten  
1/4 c. milk + 1/2 t. vinegar  
1 t. vanilla extract  
1/2 c. walnuts (optional)  
Stir together until just moistened. Grease a 9"×5"×3" loaf pan. Line the bottom with wax paper. Bake in a preheated oven at 350° for 1 hr. Check with a toothpick for doneness.

