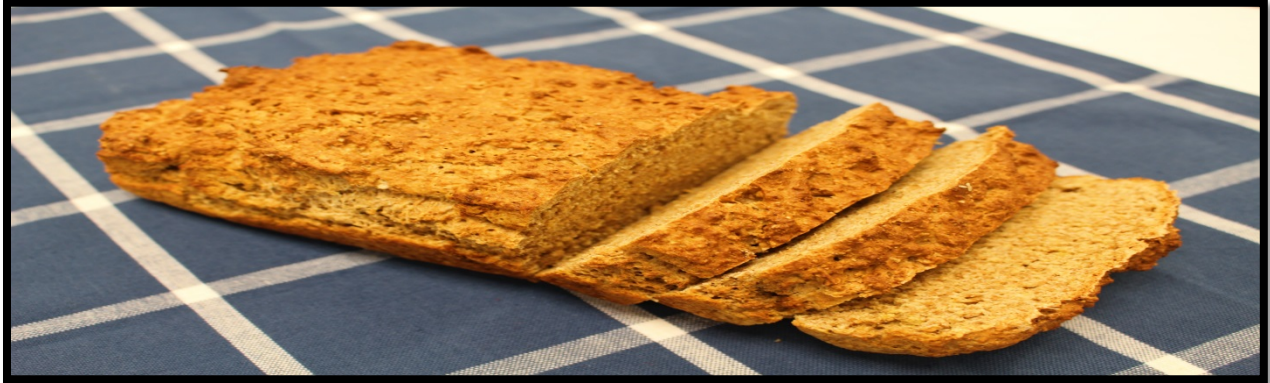


BROWN BREAD

A HEARTY BREAD TO ENJOY ON ITS OWN OR ACCOMPANY SOUPS, JAMS OR SPREADS



Yield: 10 – Serving Size: 3oz. – Prep Time: 20 Minutes



Ingredients:

$\frac{3}{4}$ Cup – Whole Wheat Flour
 $\frac{3}{4}$ Cup – All Purpose Flour
1 Tbsp – Wheat Bran
1 $\frac{1}{2}$ Tbsp. – Wheat Germ
1 Tbsp. – Brown Sugar
 $\frac{1}{4}$ tsp. – Baking Soda
 $\frac{1}{8}$ tsp. – Salt
 $\frac{3}{4}$ Cup – Buttermilk, Full-Fat



- 1) Combine Whole Wheat Flour, All Purpose Flour, Wheat Bran, Wheat Germ, Brown Sugar, Baking Soda and Salt in a mixing bowl. Ensure even distribution and break up any brown sugar clusters.



2) Create a well in the middle of the dry ingredient mixture and add the buttermilk.

3) Mix the dry ingredients and buttermilk together until all dry ingredients are dissolved and a batter is formed.



4) Place the batter in a loaf pan and bake at 350F for approximately 45 minutes. A toothpick may be utilized to ensure that the bread is cooked through. Pierce the bread with a toothpick, if batter is on the pick replace the bread to the oven for additional time, if the pick comes out clean the bread is done.



5) Allow the bread to cool. Slice and Enjoy!

Equipment Needed: Loaf Pan, Large Spoon or Rubber Spatula, Measuring Cups and Spoons, Mixing Bowl

Calories: 200Kcal – **Calories from Fat:** 24.4Kcal – **Total Fat:** 2.7g – **Saturated Fat:** 1.1g – **Trans Fat:** 0g – **Cholesterol:** – 5.1mg **Sodium:** 277.8mg – **Total Carbohydrate:** 38.1g – **Dietary Fiber:** 4.7g – **Sugar:** 7.7g – **Protein:** 7.4g

