

Three-Grain Molasses Bread



Makes: 1 loaf

Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup yellow cornmeal
- 1 tsp baking soda
- ½ tsp salt
- 1¼ cups water
- ½ cup light molasses
- ½ cup packed light brown sugar
- 2 tbsp olive oil

Procedure:

- Mix all ingredients in large bowl.
- Pour batter into a loaf pan.
- Bake bread at 175°C/ 350°F until wooden pick comes out clean, about 1 hour.
- Remove bread from pan and cool on wire rack.

Per serving:

- Calories: 155
- Protein: 3 gm
- Carbohydrates: 31 gm
- Fat: 3 gm

Molasses and brown sugar give this hearty quick bread a special flavor.