



Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Honey Oat Quick Bread

- 2 Tbsp plus 1 cup old-fashioned rolled oats, or quick-cooking (not instant) oats, divided
- 1 1/3 cups whole-wheat flour, or white whole-wheat flour
- 1 cup all-purpose flour
- 2 1/4 Tsp baking powder
- 1/4 Tsp baking soda
- 1 1/4 Tsp salt
- 8 Ounces (scant 1 cup) nonfat or low-fat plain yogurt
- 1 Large egg
- 1/4 Cup canola oil
- 1/4 Cup clover honey, or other mild honey
- 3/4 Cup nonfat or low-fat milk

- 1) Position rack in middle of oven; preheat to 375°F. Generously coat a 9-by-5-inch (or similar size) loaf pan with cooking spray. Sprinkle 1 tablespoon oats in the pan. Tip the pan back and forth to coat the sides and bottom with oats.
- 2) Thoroughly stir together whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a large bowl. Using a fork, beat the remaining 1 cup oats, yogurt, egg, oil and honey in a medium bowl until well blended. Stir in milk. Gently stir the yogurt mixture into the flour mixture just until thoroughly incorporated but not overmixed (excess mixing can cause toughening). Immediately scrape the batter into the pan, spreading evenly to the edges. Sprinkle the remaining 1 tablespoon oats over the top.
- 3) Bake the loaf until well browned on top and a toothpick inserted in the center comes out clean, 40 to 50 minutes. (It's normal for the top to crack.) Let stand in the pan on a wire rack for 15 minutes. Run a table knife around and under the loaf to loosen it and turn it out onto the rack. Let cool until barely warm, about 45 minutes.

Makes 12 Slices

