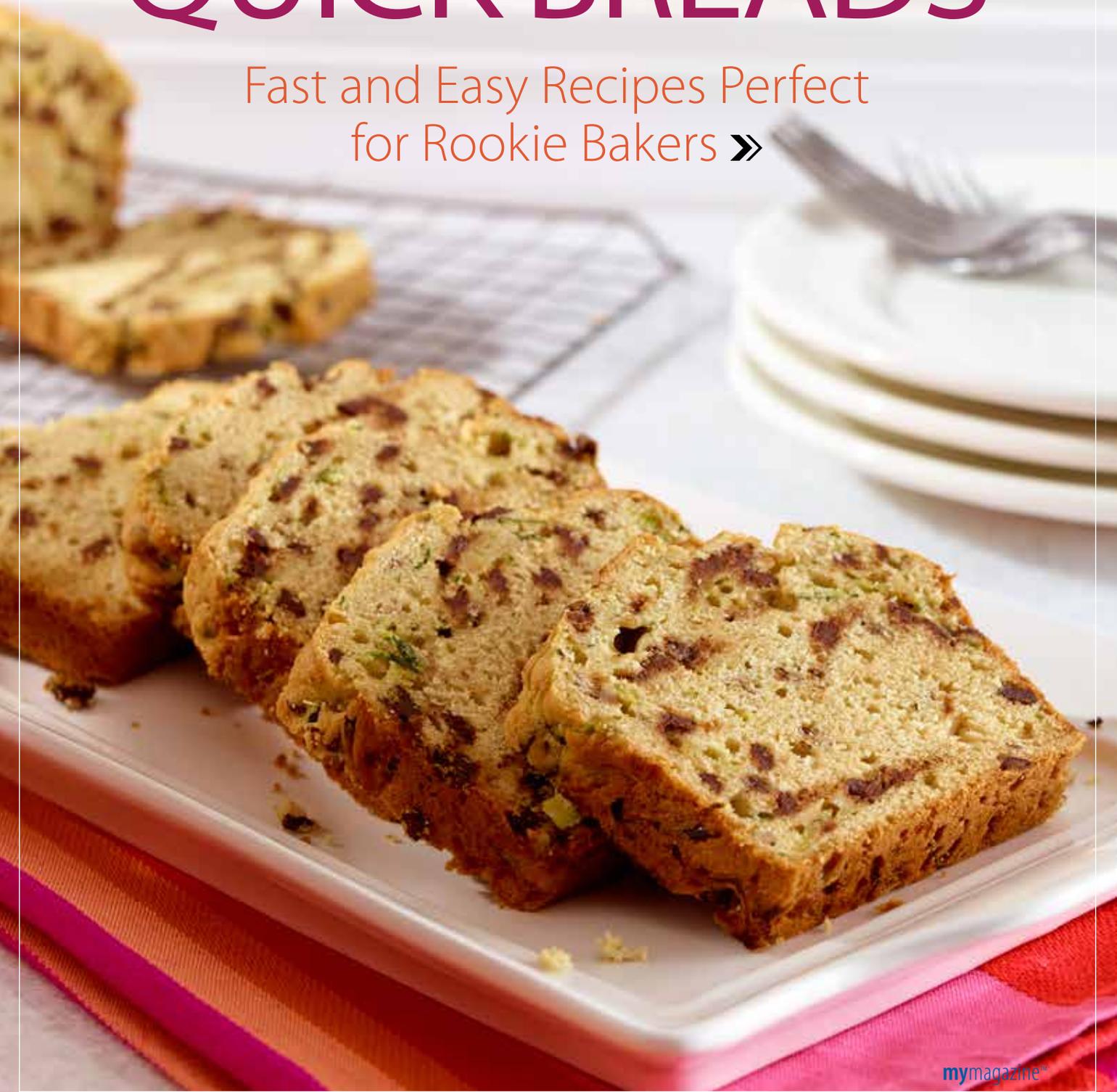


HARVEST QUICK BREADS

Fast and Easy Recipes Perfect
for Rookie Bakers »





Looking for a fast and easy way to satisfy a craving for something hot and fresh from the oven? Quick bread is your new best friend!

The world of quick breads includes muffins, biscuits and waffles — baked goods that straddle the line between bread and cake. They're made in a loaf pan like bread, and they're moist and sweet like cake. It's the best of both worlds!

As the name suggests, you can whip up these breads, well, quickly — and with ingredients you most likely already have on hand. Our recipes only take about 15 minutes for mixing and about an hour for baking. Since they store well, these treats are easily made ahead of time.

Baking tips:

- Fluff the flour with a fork before measuring.
- Baking powder and baking soda have a shelf life of about 6 months; if in doubt, buy new.
- Buttermilk's light acidity reacts with baking powder to leaven the quick bread. If you don't have buttermilk, stir together 1/2 cup of milk and 1 teaspoon of fresh lemon juice and let sit for 5 minutes.
- Bake these breads in a loaf pan that measures 8.5 by 4.5 inches. If your pan is smaller, fill it no more than 2/3 full of batter.
- You can reduce the fat and related calories in any of these recipes by substituting low-fat or non-fat plain Greek yogurt for part of the shortening. Substitute the 1/2 cup of shortening called for with 1/4 cup shortening and 1/4 cup plus 2 tablespoons of plain Greek yogurt.





BANANA-BUTTERSCOTCH QUICK BREAD

PREP: 15 MIN | TOTAL: 1 HR 15 MIN |
MAKES: 1 LOAF

- 2 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ½ cup shortening
- ½ cup granulated sugar
- 2 large eggs
- ½ cup buttermilk
- 1 cup very ripe bananas, mashed
- ½ cup butterscotch chips

Swap chocolate chips or chopped walnuts for the butterscotch chips.



ZUCCHINI-CHOCOLATE QUICK BREAD

PREP: 15 MIN | TOTAL: 1 HR 15 MIN |
MAKES: 1 LOAF

- 2 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ½ tsp. cinnamon
- ½ cup shortening
- ¼ cup brown sugar, packed
- ¼ cup granulated sugar
- 2 large eggs
- ½ cup buttermilk
- 1 cup (lightly packed) zucchini, grated
- ½ cup semisweet chocolate chips

Swap chopped pecans for the chocolate chips.



APPLE-RAISIN-NUT QUICK BREAD

PREP: 15 MIN | TOTAL: 1 HR 15 MIN |
MAKES: 1 LOAF

- 2 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ½ tsp. cinnamon
- Pinch nutmeg
- ½ cup shortening
- ½ cup brown sugar, packed
- 2 large eggs
- ½ cup buttermilk
- 1 cup (lightly packed) apple, grated
- ½ cup walnuts, chopped
- ½ cup golden raisins

Swap chopped pecans and cranberries for the walnuts and raisins.

Simply follow the instructions below for any of the quick breads featured above.

- › Preheat oven to 350°F; spray a loaf pan (8.5 by 4.5 inches) with cooking spray. In a medium bowl, sift together dry ingredients, excluding sugar(s).
- › In the bowl of a stand mixer (or in a large bowl using a hand mixer), blend the shortening and sugar(s) until light and fluffy, about 2 minutes. Add the eggs one at a time, mixing well with each addition.
- › Add 1/3 of the dry ingredients and mix well; add half the buttermilk and mix. Add another 1/3 of the dry ingredients, the remaining buttermilk and, finally, the remaining dry ingredients, stirring well with each addition. Gently stir in the fruit, nuts and/or chips.
- › Bake for 55 to 60 minutes, until a toothpick inserted into the center of the bread comes out clean (free of batter or moist crumbs).
- › Cool for 30 minutes, remove the bread from the pan and cool completely on a wire rack. Store tightly wrapped in plastic wrap at room temperature, or freeze in a zip-top freezer bag. ●