



April 4- Lemon Bread

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=708840>

Recipe

Ingredients:

- 1¾ cup all-purpose flour
- ¾ cup white sugar
- 2 teaspoon baking powder
- ¼ teaspoon salt
- 2 egg whites
- 1 cup non-fat milk
- ¼ cup unsweetened applesauce
- 2 Tablespoons finely shredded lemon peel
- 1 Tablespoon lemon juice
- 1/3 cup slivered almonds or walnuts

Directions:

1. Preheat oven to 350°F. Lightly spray an 8" x 4" x 2" loaf pan.
2. In a medium bowl combine flour, sugar, baking powder and salt. Make a well in the center of flour mixture and set aside.
3. In another medium bowl combine egg whites, milk, applesauce, lemon peel and lemon juice. Add egg mixture to flour mixture and stir until moistened.
4. Spoon batter into prepared pan. Sprinkle almonds evenly over batter if desired.
5. Bake for 50-55 minutes.

Yield 16 servings

Nutrition Facts	
Serving Size 1 slice (51.05g)	
Servings Per Container 16	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 22g	7%
Dietary Fiber <1g	3%
Sugars 11g	
Protein 3g	6%
Vitamin A 0%	Vitamin C 2%
Calcium 10%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	