



## Harvest Bread



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**Betty Crocker's Heart Healthy Cookbook** shares a recipe! Fruit, nuts and vegetable, all packed into one hearty quick bread! A great on-the-go breakfast made using pineapple, carrots, walnuts and raisins!

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**1 can (8 ounces) crushed pineapple in juice, drained and juice reserved**

**¼ cup fat-free cholesterol-free egg product or 1 egg**

**2 tablespoons canola or soybean oil**

**1 ½ cups Gold Medal® all-purpose flour**

**¾ cup packed brown sugar**

**½ cup raisins**

**1 teaspoon baking powder**

**½ teaspoon baking soda**

**½ teaspoon salt**

**½ teaspoon ground cinnamon**

**1 cup shredded carrots (1 1/2 medium)**

**1 cup walnuts, chopped**

1. Heat oven to 350°. Spray loaf pan, 8 1/2x4 1/2x2 1/2 inches, with cooking spray. Discard 3 tablespoons of the pineapple juice. Mix remaining juice, pineapple, egg product and oil in medium bowl. Stir in remaining ingredients until blended. Spread batter in pan.
2. Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan to wire rack. Cool completely, about 1 hour, before slicing.

Makes 1 Loaf (16 slices)

### Nutrition Information:

**1 Serving (1 Serving)** Calories 180 (Calories from Fat 60), Total Fat 7g (Saturated Fat 1/2g, Trans Fat 0g), Cholesterol 0mg, Sodium 160mg, Total Carbohydrate 27g (Dietary Fiber 1g, Sugars 15g), Protein 3g. **Percent Daily Value\***: Calcium ; **Exchanges**: 1 Starch; 0 Fruit; 1 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1 Fat. **Carbohydrate Choices**: 2.\*Percent Daily Values are based on a 2,000 calorie diet.