

Beer Bread

Judith Reilly

port St Lucie Elementary Family Recipe Book

3 cups self-rising flour
1 can beer
2 tablespoons sugar

Preheat the oven to 350 degrees.

In a bowl, mix the flour, beer and sugar. Place in a loaf pan.

Bake for one hour.

Per Serving (excluding unknown items): 1570 Calories; 4g Fat (2.3% calories from fat); 38g Protein; 316g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 4781mg Sodium. Exchanges: 18 1/2 Grain(Starch); 1 Fat; 1 1/2 Other Carbohydrates.