

Lemon Yogurt Bread

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Servings: 12

1 1/2 cups all-purpose flour

3/4 cup sugar

1/2 teaspoon salt

1/2 teaspoon baking soda

1/4 teaspoon baking powder

1 large egg, room

temperature

1 cup lemon yogurt

1/3 cup canola oil

1 tablespoon lemon juice

Preparation Time: 15 minutes**Bake Time: 45 minutes**

Preheat the oven to 325 degrees.

In a large bowl, combine the flour, sugar, salt, baking soda and baking powder.

In another bowl, combine the egg, yogurt, oil and lemon juice. Stir into the dry ingredients just until moistened.

Pour into an 8 x 4-inch loaf pan coated with cooking spray.

Bake for 45 to 50 minutes or until a toothpick inserted in the center comes out clean.

Cool for 10 minutes before removing from the pan to a wire rack.

Per Serving (excluding unknown items): 182 Calories; 7g Fat (35.9% calories from fat); 3g Protein; 27g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 167mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1 Other Carbohydrates.