

# Mix and Match Quick Bread

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## FLAVOR CHOICE (choose one)

1 cup pear, shredded and squeezed dry

1 cup apple, shredded and squeezed dry

1 cup banana, mashed

1 cup carrot, shredded

1 cup zucchini, shredded and squeezed dry

## MIX-INS CHOICE (up to 1-3/4 cups total)

1 3/4 cups (total) walnuts, pecans, almonds, hazelnuts, pistachios, dried cherries, dried cranberries, dried currants, raisins, dried figs, dried apricots, pitted dried dates, rolled oats, chocolate chips, sweetened shredded coconut, no more than 3/4 cup nuts; toast and chop any nuts; chop any large dried fruit

## BATTER MIX

1 1/4 cups flour

3/4 cup sugar

1 teaspoon baking powder

1 teaspoon salt

1/2 teaspoon baking soda

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

2 eggs

1/2 cup melted butter OR vegetable oil

1/2 cup plain yogurt OR sour cream

1 teaspoon vanilla extract

1 teaspoon citrus zest (optional)

## CHOOSE A GLAZE

### CHOCOLATE GLAZE

1 cup confectioner's sugar

2 tablespoons cocoa powder

2 tablespoons milk

1/4 teaspoon vanilla extract

pinch salt

### VANILLA BEAN GLAZE

1 cup confectioner's sugar

1 tablespoon milk

seeds from one vanilla bean

### BROWN BUTTER GLAZE

3 tablespoons butter

1/2 cup confectioner's sugar

1 tablespoon milk

### CITRUS GLAZE

Choose your bread flavor. Then choose your mix-ins.

Preheat the oven to 350 degrees. Lightly butter one 9x5-inch loaf pan OR three 6x3-inch mini pans.

Make the batter: In a large bowl, mix the flour, sugar, baking powder, salt, baking soda, cinnamon and nutmeg. Add the dry mix-ins of your choice.

In a medium bowl, whisk the eggs, melted butter, yogurt, vanilla extract and citrus zest (if using). Stir the fruit or vegetables into the egg mixture. Then fold the egg mixture into the batter until just combined.

Spread the batter in the prepared pan(s). Bake until a toothpick inserted into the center comes out clean, about 55 minutes for a standard loaf, 35 to 40 minutes for mini loaves.

Cool for 30 minutes in the pan(s) on a rack. Then turn out onto the rack to cool completely.

## Prepare a glaze:

**Chocolate:** In a bowl, whisk the confectioner's sugar, cocoa powder, milk, vanilla extract and salt.

**Vanilla Bean:** In a bowl, whisk the confectioner's sugar, milk and vanilla bean seeds.

**Brown Butter:** In a saucepan, brown the butter over low heat. Cool slightly. Whisk with the confectioner's sugar and milk. Serve immediately.

**Citrus:** In a bowl, whisk the confectioner's sugar, milk, citrus juice and citrus zest.

**Cream Cheese:** In a bowl, whisk the confectioner's sugar, cream cheese, milk and vanilla extract.

Pour the glaze over the cooled bread. Let set for 15 to 20 minutes.

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Per Serving (excluding unknown items): 4424 Calories; 70g Fat (13.8% calories from fat); 44g Protein; 936g Carbohydrate; 27g Dietary Fiber; 579mg Cholesterol; 3984mg Sodium. Exchanges: 8 1/2 Grain(Starch); 2 Lean Meat; 3 Vegetable; 6 Fruit; 1/2 Non-Fat Milk; 11 1/2 Fat; 46 1/2 Other Carbohydrates.

1 cup confectioner's sugar  
 1 tablespoon milk  
 1 tablespoon citrus juice  
 1 teaspoon citrus zest  
**CREAM CHEESE GLAZE**  
 1 cup confectioner's sugar  
 3 tablespoons cream cheese, softened  
 2 tablespoons milk  
 1/4 teaspoon vanilla extract

## Bread and Muffins

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	4424	<b>Vitamin B6 (mg):</b>	2.0mg
<b>% Calories from Fat:</b>	13.8%	<b>Vitamin B12 (mcg):</b>	1.9mcg
<b>% Calories from Carbohydrates:</b>	82.3%	<b>Thiamin B1 (mg):</b>	1.7mg
<b>% Calories from Protein:</b>	3.9%	<b>Riboflavin B2 (mg):</b>	1.9mg
<b>Total Fat (g):</b>	70g	<b>Folacin (mcg):</b>	210mcg
<b>Saturated Fat (g):</b>	38g	<b>Niacin (mg):</b>	13mg
<b>Monounsaturated Fat (g):</b>	20g	<b>Caffeine (mg):</b>	25mg
<b>Polyunsaturated Fat (g):</b>	5g	<b>Alcohol (kcal):</b>	19
<b>Cholesterol (mg):</b>	579mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	936g		
<b>Dietary Fiber (g):</b>	27g	<b>Food Exchanges</b>	
<b>Protein (g):</b>	44g	<b>Grain (Starch):</b>	8 1/2
<b>Sodium (mg):</b>	3984mg	<b>Lean Meat:</b>	2
<b>Potassium (mg):</b>	2688mg	<b>Vegetable:</b>	3
<b>Calcium (mg):</b>	662mg	<b>Fruit:</b>	6
<b>Iron (mg):</b>	15mg	<b>Non-Fat Milk:</b>	1/2
<b>Zinc (mg):</b>	5mg	<b>Fat:</b>	11 1/2
<b>Vitamin C (mg):</b>	58mg	<b>Other Carbohydrates:</b>	46 1/2
<b>Vitamin A (i.u.):</b>	39417IU		
<b>Vitamin A (r.e.):</b>	4375 1/2RE		

### Nutrition Facts

**Amount Per Serving**

**Calories** 4424 Calories from Fat: 610

		<b>% Daily Values*</b>
<b>Total Fat</b>	70g	107%
Saturated Fat	38g	192%
<b>Cholesterol</b>	579mg	193%
<b>Sodium</b>	3984mg	166%
<b>Total Carbohydrates</b>	936g	312%
Dietary Fiber	27g	107%
<b>Protein</b>	44g	
<b>Vitamin A</b>		788%
<b>Vitamin C</b>		97%
<b>Calcium</b>		66%
<b>Iron</b>		84%

*\* Percent Daily Values are based on a 2000 calorie diet.*