

Nut Bread

Canadian Mennonite Cookbook - 1974

Yield: 1 loaf

4 cups flour

4 heaped teaspoons baking powder

1 teaspoon salt

1 cup brown sugar

1 cup nuts

2 1/2 cups milk

1 egg

Preheat the oven to 350 degrees.

In a bowl, sift the flour, baking powder, salt and sugar. Add the nut meats.

In a bowl, beat the egg. Add the milk. Stir the mixture into the flour mixture. Let rise for 3/4 of an hour.

Grease a loaf pan well.

Spoon the batter into the loaf pan.

Bake for one hour.

Per Serving (excluding unknown items): 3700 Calories; 110g Fat (26.5% calories from fat); 102g Protein; 586g Carbohydrate; 29g Dietary Fiber; 295mg Cholesterol; 4533mg Sodium. Exchanges: 27 Grain(Starch); 3 1/2 Lean Meat; 2 1/2 Non-Fat Milk; 18 1/2 Fat; 9 1/2 Other Carbohydrates.