

CARROT BREAD

Cornmeal is an often overlooked but deliciously versatile whole grain. It forms the basis of this moist bread which develops a pleasant orange color while baking. Enjoy it as a dessert or breakfast bread.

INGREDIENTS:

1 lb / 454 g loose sweet carrots, peeled and grated
1¼ cups / 300 ml whole-wheat flour
1¼ cups / 300 ml cornmeal
Pinch sea salt
¼ cup / 60 ml flax meal
1½ tsp / 8 ml baking powder
3 egg whites
1 yolk
2 Tbsp / 30 ml canola oil
½ cup / 125 ml organic honey
¾ cup / 180 ml skim milk or low-fat soy milk
¼ cup / 60 ml raisins
¼ cup / 60 ml dried cranberries
Cooking spray

SWEET TIP

Top with unsweetened applesauce instead of butter. It's delicious!

PREPARATION:

- 1 Preheat oven to 375°F / 190°C.
- 2 In a small saucepan place carrots and enough water to just cover them. Bring to a boil and cook for 5 minutes. Remove from heat, drain, and let cool.
- 3 In a medium mixing bowl place dry ingredients: flour, cornmeal, salt, flax meal and baking powder.
- 4 In another bowl, whip egg whites until stiff.
- 5 In small bowl put egg yolk, oil, honey and milk. Mix well. Add to dry ingredients and mix until just combined. Add whipped egg whites and fold until just combined. Add dried fruits and cooked carrots and mix until just combined. Do not over-mix, or loaf will be tough.
- 6 Prepare a 5 x 9-inch loaf pan with cooking spray. Pour batter into loaf pan and bake for 60 minutes or until cake tester comes out clean. Makes 10 servings, more or less, depending how thick you slice the bread.

NUTRITIONAL VALUE PER SERVING:

Calories: 288 | Calories from Fat: 53 | Protein: 6g | Carbs: 53g
Dietary Fiber: 6g | Sugars: 23g | Fat: 5g | Sodium: 67mg



10 SERVINGS



35 MINUTES



60 MINUTES