

Try this whole-grain lemony quick bread

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(HealthDay)—If you love quick breads but crave a healthier treat, this lighter take on Grandma's traditional recipe serves up a lemony lift. And because it calls for whole grains, dried fruit and nuts, it's packed with

goodness.

Quick breads are great because they're fast to put together, no kneading necessary. The lemon in this recipe not only flavors the [bread](#), but also tenderizes the whole-grain flours. Using a mix of whole-grain flours—whole wheat and oat—gives a broader range of nutrients.

Lemony Quick Bread

- Non-stick cooking spray
- 3/4 cup oat flour
- 3/4 cup whole-wheat flour
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 1/2 cup [coconut oil](#)
- 1/2 cup [honey](#)
- 2 eggs
- 1 lemon, zested and juiced
- 1 teaspoon vanilla extract
- 1/2 cup chopped hazelnuts or pecans
- 1/2 cup raisins or dried cherries

Preheat oven to 350 degrees. Coat a 1-pound loaf pan with cooking spray.

In a large bowl, stir the flours, baking soda and salt.

In another large bowl, combine the oil and the honey, then stir in the egg, lemon zest and juice, and vanilla.

Add in the [flour](#) mixture in two batches, mixing just until incorporated. Don't overmix—there will be some dry spots. Add the nuts and dried fruit. Scrape down the sides of the bowl and transfer the batter to the loaf pan. Smooth the top with a spatula.

Bake 50 to 55 minutes until the edges of the bread are golden and a toothpick comes out clean when inserted in the center. Cool in pan five

minutes, then remove and place on a rack to cool completely. The bread will keep three days if tightly wrapped in aluminum foil.

Yield: 8 to 12 servings

More information: The U.S. Department of Agriculture has a helpful information on [whole grains](#).

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