

Lemon Berry Bread

From A Trim and Terrific Louisiana Kitchen by Holly Clegg

1/3 cup canola oil
2/3 cup sugar
2 tablespoons lemon extract
4 egg whites or 2 eggs
1 ½ cups flour
1 teaspoon baking powder
1/3 cup nonfat milk (2 ½ tablespoons nonfat dry milk and ½ cup water)
1 cup fresh or frozen blueberries
2 tablespoons grated lemon rind

In a large bowl, mix oil, sugar, lemon extract and eggs. In another bowl, combine flour with baking powder. Add flour mixture to sugar mixture alternately with milk, stirring just until blended. Fold in blueberries and lemon rind. Pour batter into a 9x5x3-inch loaf pan coated with non-stick cooking spray and dusted with flour. Bake at 350 for 40 – 50 minutes or until a wooden toothpick inserted in center comes out clean. Immediately poke holes at 1-inch intervals on top of the bread and pour lemon glaze (see recipe below) over.

Lemon Glaze

½ cup sugar
1/cup lemon juice

In a small saucepan, combine sugar and lemon juice, heating until sugar is dissolved.

Courtesy of
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