



## Breakfast Quick Bread

### Ingredients:

- 2 c. all-purpose flour
- 1 c. granulated sugar
- 2 1/2 tsp. Clabber Girl Baking Powder
- 3/4 tsp. salt
- 1 c. chopped apple or 1 medium apple
- 3/4 c. of crunchy, nugget type cereal
- 1 1/4 c. milk
- 1 egg, well beaten
- 2 Tbsp. vegetable oil or melted shortening

### Directions:

1. Preheat oven to 350 degrees F. or 325 degrees F. if using a glass loaf pan.
2. Sift the flour with sugar, baking powder, and salt; stir in apples and cereal nuggets.
3. Coat apples and cereal nuggets thoroughly with the dry mixture to prevent them from sinking to the bottom of the pan.
4. Blend the milk with egg and shortening in a separate bowl.
5. Add flour mixture to liquid and stir just until flour is moistened.
6. Spoon into a greased 9 x 5-inch loaf pan. Bake at 350 degrees F. for 1 hour and 15 minutes, or until cake tester inserted into center comes out clean.
7. Cool in pan for 10 minutes. Remove from pan and finish cooling on rack. Wrap in waxed paper, plastic wrap or aluminum foil and store overnight in refrigerator for easier slicing.

## Let's Get Started Baking

**Activity:** Baking quick breads

**Lesson:** Ingredients in baking

### Advance Teacher Preparation

1. Demonstrate the reaction that occurs when liquid is added to balanced double acting Clabber Girl Baking Powder, and explain how it will react again with the heat from the oven.
2. Check the supply of quality ingredients, and reinforce the importance of measuring accurately, use of proper equipment, and use of tested methods of recipes.
3. Consider allowing each group to prepare a flavored spread recipe of their choice with the Apple Bread. On tasting day, groups may trade samples.
4. Supply each student with a copy of this recipe, or copy this page for a handout.
5. Discuss new points for successfully making quick breads. \*Shortening kept at room temperature will not separate from other ingredients. \*Mix loaf breads as quickly as possible and bake in a preheated oven to insure best results from Clabber Girl Baking Powder.

### Student Learning Steps

1. Review the muffin method of combining ingredients. Sift dry ingredients together. When adding fruits, vegetables, or cereals to muffins or quick breads, coat them thoroughly with the dry ingredients to keep them from sinking in the batter. After combining liquid and dry ingredients, stir only until moistened.
2. When reviewing mixing procedures, include a review of the purpose of each ingredient to help each student better understand the basics of quick breads.
3. Student Lab Day 1 - Read the recipe thoroughly, collect dry ingredients and equipment. Measure ingredients accurately. Sift dry ingredients together and store in an airtight container. Clean kitchens. Review the procedure for the next lab day.
4. Student Lab Day 2 - Preheat oven, assemble liquid ingredients and proceed with mixing liquid and dry ingredients. Spoon batter into greased loaf pan and bake according to directions. When bread is finished, it may be checked with a toothpick as a cake is tested for doneness. Breads are best served when cool.
5. When serving quick breads, change the nutrient value and the flavor by trying different spreads. Some suggestions are: apple butter and grated orange rind, peanut butter and marmalade, softened cream cheese tinted with food coloring, or orange butter consisting of 1/2 c. soft butter, 1 Tbsp. orange juice and 1 tsp. orange peel.

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