

Dried Fruit & Nut Bread

2 ½ cups	flour (perhaps substitute 25% with whole wheat flour or 10% with fine ground oatmeal if desired)
¾ cup	sugar
1 ½ tablespoons	baking powder
1/3 teaspoon	salt
3 tablespoons	oil
½ cup	skim or lowfat milk
2	egg white
¼ cup	orange juice
4 teaspoons	grated orange peel (takes about ½ orange)
¼ cup	chopped nuts (or sliced almonds)
1 cup	dried fruit, chopped

Preheat oven to 350°. Lightly oil and flour a 9x5 inch loaf pan or use silicone pan.

Place all dry ingredients in a large bowl, beat on medium for ½ minute, scraping sides and bottom of bowl constantly (or hand mix until all ingredients mixed/moistened).

Pour into pan and bake 35-45 minutes or until wooden pick inserted in center comes out clean.

Remove from pan after five minutes. Cool thoroughly before slicing.

Keeps a week or more in the refrigerator if you don't eat it too quickly!