

## Blueberry Orange Almond Bread

This recipe for blueberry orange bread can be used as a quick breakfast, satisfying snack, and even served as an attractive desert ice cream or frozen yogurt. This bread also can be wrapped tightly in freezer wrap and frozen for later use.

This recipe provides a good source of fiber, vitamins and minerals that may reduce risk factors for cancer, heart disease, diabetes and high blood pressure. The blueberries and orange juice provide phytochemicals and antioxidants; the whole wheat flour provides beneficial fiber and B vitamins, and the almonds provide us with extra protein as well as the heart healthy monounsaturated fats which keep our appetites and energy levels stable throughout the day. Give this a try and enjoy the wonderful aroma coming from your oven!

### Blueberry Orange Almond Bread:

(Makes 1 loaf – 24 slices per loaf)

#### Ingredients:

1 cup high fiber cereal (such as All bran, Fiber One, or other high fiber cereal)

1 cup orange juice

½ teaspoon vanilla

2 cups whole wheat flour (you may substitute white flour if preferred)

¾ cup sugar

1 ½ teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

2 tablespoons canola or light olive oil

1 egg

1 cup fresh or thawed frozen blueberries

½ cup sliced almonds

Heat oven to 350 degrees. Grease bottom only of 9 x 5 x 3 inch loaf pan. Crush cereal. Stir together orange juice, vanilla and cereal in large bowl; let stand 10 minutes. Stir in remaining ingredients, gently stirring in blueberries last. Pour into pan. Bake 50 – 60 minutes until toothpick inserted into center comes out clean. Cool 10 minute. Loosen sides of loaf; remove from pan. Cool completely before slicing.

#### Per serving:

97 calories

18 grams carbohydrate

3 grams fat

3 grams protein

9 mg cholesterol

60 mg sodium