

# Quick Whole Wheat & Molasses Bread

MAKES 1 LOAF

## INGREDIENTS

- 1  $\frac{2}{3}$  cup buttermilk or plain yogurt
- 2  $\frac{1}{2}$  cups (about 12 ounces) whole wheat flour
- $\frac{1}{2}$  cup cornmeal
- 1 teaspoon table salt
- 1 teaspoon baking soda
- $\frac{1}{2}$  cup molasses
- Oil or butter for greasing pan

## Honey Butter

- 1 stick unsalted butter, room temperature (make sure the butter is very soft) ★
- 2 tablespoons honey
- $\frac{1}{4}$  teaspoon table salt

*Stir together until combined and refrigerate; let soften before spreading on toasted Whole Wheat & Molasses Bread.*

## DEFINITION

**Molasses** (also known as treacle or sorghum syrup) is a thick syrup by-product from the processing of the sugarcane or sugar beet into sugar.

There are three grades of molasses, Mild or first molasses, Dark or second molasses, and Blackstrap. These grades may be sulfured or unsulfured. Unlike refined sugars, it contains significant amounts of vitamins and minerals. Blackstrap molasses is a source of calcium, magnesium, potassium and iron – one tablespoon provides up to 20 percent of the daily value of each of those nutrients.

**There are a number of substitutions that can be made for molasses;** for 1 cup of molasses the following may be used (with varying degrees of success):

- 1 cup honey
- $\frac{3}{4}$  cup firmly packed brown sugar
- 1 cup dark corn syrup
- 1 cup granulated sugar with  $\frac{1}{4}$  cup water
- 1 cup pure maple syrup.



## FIRST

Heat oven to 325 degrees. Grease an 8-by-4-inch or 9-by 5-inch loaf pan, preferably nonstick.

## NEXT

Mix together the dry ingredients. Stir the molasses into the buttermilk or yogurt. Stir the liquid into the dry ingredients (just enough to combine) then pour into the pan. Bake until firm and a toothpick inserted into center comes out clean, 45 minutes to 1 hour. Cool on a rack for 15 minutes before removing from the pan. Serve toasted with Honey Butter.

**Lighter Whole Wheat Quick Bread:** Use 1  $\frac{1}{2}$  cups whole wheat and 1  $\frac{1}{2}$  cups all-purpose flour; omit cornmeal. Substitute honey for molasses. Beat 1 egg into wet ingredients. Proceed with recipe.

## ★ J.NOELLE NOTES

You could substitute a stick of vegan margarine (such as Earth Balance®) in place of the butter for a healthier, low-fat, low-cholesterol option.