

Pink Quick Bread (with beets)

8 servings

Ingredients

Dry Ingredients

- ¾ cups whole wheat flour
- ¾ cups all purpose flour
- ¾ cup sugar
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoons allspice
- ¼ teaspoon nutmeg

“Wet” ingredients

- 1 egg
- 1 cup raw beet, finely shredded
- ¼ cup oil
- ¼ cup orange or apple juice
- ¼ cup applesauce
- ¼ cup pecans or walnuts, chopped

Directions

1. Grease a loaf pan (9 x 5 x 3 or 8 x 4 x 2) and set it aside.
2. Combine the dry ingredients in a bowl (except the nuts).
3. In a separate bowl, beat the egg and add the beet, oil, juice, and applesauce. Add the wet ingredients to the dry all at once and mix until they are just combined.
4. Fold in the chopped nuts.
5. Pour the mixture into a prepared loaf pan.
6. Bake in a preheated oven at 350 for 55-60 minutes or until a toothpick inserted near the center comes out clean

