



## SKILLET BREAD

(This is a very easy quick bread that you can make with your child. It is delicious and so very good for you!)

3 cups whole wheat pastry (soft) flour such as Weisenberger's\*  
1 1/2 teaspoon baking soda or 4 teaspoons baking powder  
1 teaspoon salt  
1/3-1/2 cup sugar  
1 teaspoon, each, nutmeg & cinnamon  
1/4 cup oil  
1 egg, beaten  
1 1/2 cup sour milk, regular milk or other liquid  
1/2 cup raisins &/or nuts

Mix dry ingredients in a bowl with a whisk. Add raisins and/or nuts. In a separate bowl, mix oil, egg, & milk & whisk together. Mix wet ingredients with dry ingredients. Stir only until all ingredients are mixed; do not over-mix. Pour into a 12" skillet or 9" X 13" pan and bake at (preheated) 350 degree oven until lightly browned and bread tests done with a toothpick in the center, about 45 minutes. Serves 8 or more.

\*Whole wheat bread flour will produce a very hard, rubbery bread. Go to a natural foods store & get the pastry flour.