

ORANGE ALE BREAD

SERVES: 12 | SERVING SIZE: 1 slice | PREP: 10 minutes | READY: 1 hour and 45 minutes

INGREDIENTS

- Vegetable oil cooking spray
- 1 1/2 cups white whole-wheat flour (such as Gold Medal White Whole Wheat Flour)
- 1 1/2 cups all-purpose flour
- 1/3 cup granulated sugar
- 1 tablespoon orange zest
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 12 ounces wheat beer (such as Blue Moon or Oberon)
- 1/4 cup neutral oil (such as canola or vegetable oil)
- 1 tablespoon old-fashioned rolled oats



DIRECTIONS

Preheat oven to 350 degrees. Spray an 8-by-5-inch loaf pan with cooking spray; set aside.

In a large bowl, stir together whole-wheat flour, all-purpose flour, sugar, baking powder, baking soda, and salt. Make a well in the center of the dry ingredients and place the beer, oil, and orange zest in the well. With a large spoon, gently stir ingredients until just incorporated.

Pour batter into prepared loaf pan, sprinkle top with rolled oats and bake for 45 minutes, or until a wooden pick inserted in center comes out clean. Cool bread in pan on wire rack for 20 minutes. Remove bread from pan and cool completely on wire rack.

NUTRITION INFORMATION PER SERVING

183 calories, 5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 203 mg sodium, 30 g total carbohydrate, 2 g dietary fiber, 5 g total sugars, 5 g added sugars, 4 g protein, 0 mcg (0%) vitamin D, 13 mg (2%) calcium, 1 mg (6%) iron, 2 mg (0%) potassium

