

Bake It Better With Oats

(NAPSA)—Healthy baking isn't what it used to be. Instead of eliminating as much sugar and fat as possible from recipes, the emphasis has shifted to using whole grains with moderate amounts of sugar and fat.

Honey Lemon Tea Loaf is made with yogurt, brewed tea and honey in addition to whole wheat flour and whole grain oats. Like all quick bread loaves, it takes minutes to assemble. Using two small pans rather than one large one cuts the baking time in half.



Honey Lemon Tea Loaf
(2 loaves, 8 servings each)

- 1 container (8 oz.) low-fat lemon yogurt**
- $\frac{2}{3}$ cup double-strength brewed tea, at room temperature**
- $\frac{1}{2}$ cup honey**
- 3 tablespoons canola oil**
- 1 egg**
- $1\frac{1}{2}$ cups *Quaker* oats (quick or old fashioned, uncooked)**
- $1\frac{1}{2}$ cups whole wheat flour**
- 1 tablespoon grated lemon peel**
- 1 tablespoon baking powder**
- $\frac{1}{2}$ teaspoon *each*: baking soda, salt**

Heat oven to 350°F. Lightly spray two disposable loaf pans ($8\frac{1}{2}$ x 4-inch or 8 x $3\frac{3}{4}$ -inch) with cooking spray. In large bowl, combine yogurt, tea, honey, oil and egg with fork; mix well. Stir in oats; let stand 10 minutes. In medium bowl, combine remaining ingredients. Add to oat mixture; stir just until dry ingredients are moistened. Divide evenly between pans. Bake 30 to 35 minutes or until wooden pick inserted in center of loaf comes out with a few moist crumbs clinging to it. Cool completely in pans on wire rack. Store tightly wrapped.

NUTRITION INFORMATION: (1 slice, $\frac{1}{16}$ of recipe): Calories 140, Calories From Fat 35, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 15 mg, Sodium 190mg, Total Carbohydrates 23g, Fiber 2g, Protein 4g.