

Whole Wheat Batter Bread



Totals for 1 slice – loaf makes 12 slices:

Calories 100 Fat .3g Fiber 2g Carbs 20g

What you'll need:

- 2 Cups whole-wheat flour
- 2 tsp Baking powder
- 1 tsp Salt
- 1 ¾ Cup skim milk
- ¼ Cup honey
- 1 Medium egg

- 1 Can butter flavored cooking spray
- 1 Loaf pan – non-stick preferred

Let's get to cooking!

1. Preheat your oven to 350 degrees.
2. In a mixing bowl place flour, baking powder and salt and mix well.
3. Add all remaining ingredients and mix for at least 2 minutes making sure everything is mixed together well.
4. Spray loaf pan with cooking spray and pour batter in pan.
5. Bake for 40 minutes or until golden brown.
6. Take out of oven and remove from loaf pan and allow cooling (completely) before slicing.
7. If you want to get exactly 12 slices from the loaf – cut the loaf in half first and then slice each half into 6 slices. I've made this bread many times and this is the best way to make sure you get twelve exact slices.

A recipe Regis Philbin gave out in the 1980's on, "Regis Philbin's Lifestyles", inspired this **Kitty's Lighter Weigh** recipe. Even back then I was trying to find anything to help me, so I wrote down healthy, lower calorie recipes. I have changed the original recipe quite a bit (he used buttermilk, baking soda and margarine), but his recipe started what I now bake almost every week. One slice of this bread with ½ T non-hydrogenated margarine and one T sugar free jam is 145 calories TOTAL!!! YUM!!