

# Apricot-Orange Bread

Only 1 egg and very little margarine are used in this low-saturated-fat, low-cholesterol low-sodium bread.

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|---|--------------------------------|
| 1 (6 oz) package of dried apricots<br>cut into small pieces | 1/2 cup nonfat dry milk powder |
| 2 cups water  | 2 tsp baking powder            |
| 2 tbsps margarine   | 1 tsp baking soda              |
| 1 cup sugar   | 1 tsp salt                     |
| 1 egg, slightly beaten                                      | 1/2 cup orange juice           |
| 1 tbsps freshly grated orange peel                          | 1/2 cup chopped pecans         |
| 3 1/2 cups sifted all-purpose flour                         |                                |

Preheat oven to 350° F. Lightly oil two 9x5-inch loaf pan. Cook apricots in water in a covered medium-size saucepan for 10-15 minutes or until tender but not mushy. Drain; reserve 3/4 cup liquid. Set apricots aside to cool. Cream together margarine and sugar. By hand, beat in egg and orange peel. Sift together flour, dry milk, baking powder, soda, and salt. Add to creamed mixture alternately with reserved apricot liquid and orange juice. Stir apricot pieces and pecans into batter. Turn batter into prepared pans. Bake for 40-45 minutes or until bread springs back when lightly touched in center. Cool 5 minutes in pan. Remove from pan and completely cool on wire rack before slicing.



# Nutritional Information

Yield: 2 loaves--Serving Size: 1/2-inch slice

Each serving provides:

Calories: 97

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 6 mg

Sodium: 113 mg