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# Brown Bread

## Ingredients

1 cup all-purpose flour or medium rye flour

1 cup whole wheat flour

1 cup cornmeal

1 cup raisins

1½ teaspoons baking soda

1 teaspoon salt

2 cups buttermilk

¾ cup dark molasses

2 Tablespoons oil

vegetable oil spray

Makes 18 servings

## Instructions

1. Heat oven to 350°F. With vegetable oil spray, greased three one-pound fruit or vegetable cans

2. In a large bowl, combine first 6 ingredients; add remaining ingredients and blend well.

3. Spoon batter into prepared cans, filling ⅔ full; cover tightly with foil; set cans on foil or cookie sheet to guard against spilling.

4 Bake for 50 - 60 minutes or until toothpick inserted in center comes out clean; cool 15 minutes before removing from cans.

Note:
- Serve warm or use for sandwiches.

## Nutrition Facts

Serving Size 1 slice
Servings Per Container 18 slices

**Amount Per Serving**

| | |
|---|---|
| **Calories** 150 | Calories from Fat 20 |
| | **% Daily Value*** |
| **Total Fat** 2g | **3%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 270mg | **11%** |
| **Total Carbohydrate** 32g | **11%** |
| Dietary Fiber 3g | **12%** |
| Sugars 17g | |
| **Protein** 3g | |

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

12% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County. October 2009

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