SHOPPING LIST

Honey Whole-Wheat Bread

- [ ] Whole-Wheat Flour
- [ ] All-Purpose Flour
- [ ] Old-Fashioned Oats
- [ ] Baking Powder
- [ ] Salt
- [ ] Baking Soda
- [ ] Buttermilk
- [ ] Honey
- [ ] Unsalted Butter
- [ ] Egg

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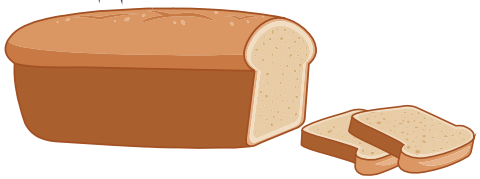
Professor Fizzy presents

SNACKS

FIZZY'S LUNCH LAB

Honey Whole Wheat Bread



VEGETARIAN	TIME	DIFFICULTY	MAKES
V	1	M	1
YES	Over 1 hour	Medium	Loaf

YOU WILL NEED

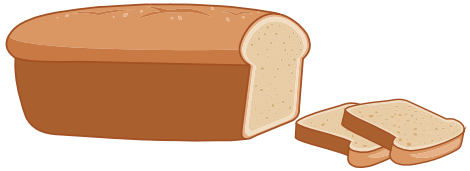
- **1 ¼ cups** whole wheat flour
- **1 ¼ cups** all-purpose flour
- **½ cup** old-fashioned oats
- **2 teaspoons** baking powder
- **¾ teaspoon** salt
- **½ teaspoon** baking soda
- **⅓ cup** buttermilk
- **⅓ cup** honey
- **¼ cup** unsalted butter, melted and slightly cooled
- **1** large egg

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: With the oven rack in the bottom position, heat the oven to 350˚. Grease an 9 x 5 inch loaf pan with non-stick cooking spray. Mix the flours, oats, baking powder, salt and baking soda together in a large bowl. Whisk the buttermilk, honey, melted butter and egg together in a large measuring cup, then add it to the dry ingredients. Stir until just combined.

STEP 2: Pour the batter into the prepared pan, and bake until the loaf is golden brown and a toothpick inserted into the center comes out clean, about 55 to 60 minutes. Cool in the pan on a rack for about 10 minutes, then turn out onto the rack. Cool the bread to room temperature, then cut into 12 slices.



Nutrition Facts

Serving Size 1 slice (55g)
Servings Per Container

Amount Per Serving	
Calories 180	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 280mg	12%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 5g	
Vitamin A 2% • Vitamin C 0%	
Calcium 4% • Iron 8%	

*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