

Date Spicy Fruit Loaf

1 cup chopped, mixed dried fruit
1 tbsp + 3/4 cup all purpose flour
3/4 cup whole wheat flour
1 tablespoon baking powder
2 teaspoons ground cinnamon
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg
1/4 teaspoon ground ginger
1/4 teaspoon salt
2/3 cup light brown sugar, packed
1 1/2 cups bran flakes style cereal
4 large egg whites
1 packet butter-flavored granules
1/2 cup hot water
3/4 cup skim milk
non-stick, vegetable oil cooking spray

Preheat oven to 350 degrees.

Coat a 9x5x3 nonstick loaf pan with cooking spray.

In small bowl, toss dried fruit and 1 tablespoon all-purpose flour.

Into large bowl, stir together 3/4 cup all-purpose flour, whole wheat flour, baking powder, cinnamon, cloves, nutmeg, ginger, and salt.

Add sugar and cereal

In large bowl, beat egg whites till foamy. Stir in liquified butter-flavored granules.

Stir liquid into flour mixture until just moistened.

Fold dried fruit into mixture.

Scrape mixture into pan.

Per Serving (excluding unknown items): 825 Calories; 2g Fat (2.6% calories from fat); 33g Protein; 177g Carbohydrate; 14g Dietary Fiber; 3mg Cholesterol; 2358mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 1/2 Fat; 6 1/2 Other Carbohydrates.