

# Blueberry Bread

Pat Howell

*Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa*

## **Yield: 4 loaves**

*3 cups flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
2/3 cup shortening  
1 1/3 cups sugar  
4 eggs, beaten  
1/2 cup milk  
1 1/2 tablespoons lemon juice  
1 cup crushed pineapple, drained  
2 cups blueberries  
1 cup nuts, chopped  
1/2 cup coconut*

Preheat the oven to 350 degrees.

In a bowl, sift together the flour, baking powder, baking soda and salt.

In a bowl, cream the shortening and then gradually add the sugar. Add the eggs, milk, lemon juice and pineapple. Mix well. Add the flour mixture.

Fold in the blueberries, nuts and coconut. Pour into four greased and floured 6-1/2x3-1/2-inch loaf pans.

Bake for 45 minutes.

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Per Serving (excluding unknown items): 5302 Calories; 258g Fat (42.8% calories from fat); 96g Protein; 680g Carbohydrate; 38g Dietary Fiber; 865mg Cholesterol; 3693mg Sodium. Exchanges: 20 1/2 Grain(Starch); 6 Lean Meat; 5 1/2 Fruit; 1/2 Non-Fat Milk; 46 Fat; 18 Other Carbohydrates.