

Gingerbread

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1/3 cup oil
1/2 cup wheat germ
1 egg
2/3 cup dark molasses
1/3 cup honey (or sugar)
3/4 cup plain yogurt
1 cup whole wheat flour
3 teaspoons baking powder
1/4 cup powdered milk
2 teaspoons powdered sugar
1 teaspoon cinnamon
1/2 teaspoon salt*

Preheat the oven to 350 degrees.

In a bowl, combine the oil, wheat germ, egg, molasses, honey and yogurt.

Sift the following into the mixture, whole wheat flour, baking powder, powdered milk, powdered ginger, cinnamon and salt.

Combine the mixture with no more than twenty strokes.

Grease and flour an eight-inch square pan. Pour the batter into the pan.

Bake for 45 minutes or until a toothpick inserted near the center comes out clean.

Cool on a rack. Leave the gingerbread in the pan.

VARIATIONS

*** Use 1/2 cup soy flour in place of 1/2 cup of flour.*

*** Omit two tablespoons of flour and use two tablespoons of brewer's yeast.*

Per Serving (excluding unknown items): 2204 Calories; 100g Fat (39.2% calories from fat); 51g Protein; 297g Carbohydrate; 23g Dietary Fiber; 266mg Cholesterol; 2896mg Sodium. Exchanges: 8 Grain(Starch); 1 Lean Meat; 2 Non-Fat Milk; 18 Fat; 11 Other Carbohydrates.