



HEARTY OAT LOAF

Preparation/Cooking Time: 15 min/40 min

Ingredients

- 2 cups all purpose flour
- 1 cup whole wheat flour
- ½ cup plus 2 tablespoons quick-cooking oats, divided
- ¼ cup sugar
- 3 teaspoons baking powder
- ¾ teaspoon salt
- 1 egg
- 1 ½ cups fat-free milk
- 3 tablespoons vegetable oil
- 3 tablespoons flax seed (*optional*)

Directions

- In a large bowl, combine the flours, ½ cup oats, sugar, baking powder, and salt. In another bowl, combine the egg, milk and oil; stir into dry ingredients just until moistened. Spread batter into an 8 or 9 inch round baking pan coated with cooking spray. Sprinkle with remaining oats.
- Bake at 350° for 40-50 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm.

Source: *Taste of Home*

Nutrition Tips



Did you know at least half of the grains you eat should come from whole grains? On average, Americans eat only about 11% of their grains as whole grains, so we have a long way to go! Whole grains can help you manage your weight as well as reduce your risk of stroke, type 2 diabetes, and heart disease. This quick bread recipe uses both whole grain flour and oats, and is a great complement to any meal. If you aren't a fan of the hearty flavor of whole wheat flour, try using "whole white wheat flour", which is still a whole grain but is lighter in color and milder in flavor.

Nutrition Facts

Serving Size 1 slice

Servings per Recipe 10

Amount Per Serving

Calories 278 Calories from Fat 74

Total Fat 8g

Saturated Fat 5g

Cholesterol 22mg

Sodium 286mg

Total Carbohydrate 44g

Dietary Fiber 6g

Protein 10g

Calcium 80mg

