

Light Vanilla Quickbread with Raspberry Swirl

Yield: 12 slices

3/4 cup all purpose flour
3/4 cup whole wheat flour
1 tsp. baking powder
1/2 tsp. baking soda
pinch of salt
1 egg
2/3 cup sugar
3/4 cup plain, fat free yogurt
1 Tbsp. vanilla extract
1/4 cup canola oil
1/3 cup raspberry jam

Preheat the oven to 350 and spray a loaf pan with cooking spray.

Sift together the flours, baking powder, baking soda and salt. In a large bowl, beat the egg with the sugar until pale and smooth. Add the yogurt, vanilla, and oil and beat until just incorporated.

Add the flour mixture to the wet mixture in 2-3 additions until just incorporated (don't overmix!).

Put about 1/2 of the mixture into the loaf pan, spreading evenly. Stir the jam vigorously to loosen it a little and then spoon it over the batter, but leave some space around all sides of the loaf. Spoon the remaining batter over the jam. Bake for about 35-40 minutes or until a toothpick inserted comes out clean.

Nutritional Information Per Serving - Calories: 177 / Fat: 5g / Carbs: 30g / Protein: 3g

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