

Lemon Yogurt Bread

1 $\frac{1}{2}$ cups all purpose flour
 $\frac{3}{4}$ cups sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{4}$ teaspoon baking powder

1 egg
1 cup lemon yogurt
 $\frac{1}{3}$ cup canola oil
1 tablespoon lemon juice

In a large bowl, combine the flour, sugar, salt, baking soda, and baking powder. In another bowl combine the egg, yogurt, oil, and lemon juice. Stir into dry ingredients just until moistened. Pour into an 8-in,x4-in.x2-in. loaf pan coated with non-stick cooking spray. Bake at 325 degrees for 45-50 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack. Yield: 1 loaf (12 slices).

Nutrition facts: 1 slice equals 177 calories, 7 g fat (1 g saturated fat), 18 mg cholesterol, 176 mg sodium, 26 g. carbohydrate, 1 g fiber, 3 g protein. Diabetic exchanges: 1 $\frac{1}{2}$ starch, 1 fat.

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