

Cherry Lemon Quick Bread



This bread is fast since it's leavened with baking soda and not yeast and it's perfect for brunch. Toast it and add almond butter or peanut butter for a delicious breakfast, or serve it with a thick slab of butter for a hearty snack.

3 C whole wheat flour or whole wheat pastry flour
(for a softer bread)
3 tsp. baking soda
½ C chopped walnuts
⅔ C pitted and chopped cherries
2 farm eggs
⅔ C honey
1 - 1 ¼ C plain yogurt or kefir

Preheat oven to 350. Combine flour, baking soda, nuts, seeds and cherries. Beat eggs, honey and kefir or yogurt together. Gently mix wet and dry ingredients, adding the additional quarter cup of yogurt or kefir if the mixture seems to dry. Pour into a well greased loaf pan (use nut oil, butter or coconut oil). Bake for 45 minutes. Take out of oven and brush a mixture of 1 T honey and 1 T lemon juice over the top of the loaf and then zest a sprinkling of lemon peel on top of that. When loaf is at room temperature, gently tap it out of the pan and serve.

what's healing about this recipe:

Did you know that you can use the zest of lemons as a face scrub? For a super fast skin pick-me-up, try zesting 1 tsp of lemon peel into ½ tsp. high quality salt, mix together and wash face, using the scrub and a little water. Rinse and moisturize. You'll notice a little tingle to your skin and a brightness to your face.

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