

Cherry Lemon Quick Bread

ingredients

3 C whole wheat flour*
3 tsp. baking soda
1/3 C chopped walnuts
2/3 C pitted and chopped cherries
2 farm eggs
2/3 C honey
1 - 1 ¼ C plain yogurt or kefir

*for a softer bread, use whole wheat pastry flour

directions

Preheat oven to 350 degrees. 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.