

HEALTHY RECIPES OF THE RAINBOW

NUTRITION - COLOUR OF PURPLE



PURPLE RECIPE

ANTHOCYANIDINS: This powerful kind of phytonutrient is found in summer treats like blackberries and eggplant, which may protect against heart disease by preventing inflammation. Since different foods contain different anthocyanidins, try to eat a range of purple and blue foods to benefit the most.



BERRY ALMOND QUICK BREAD

Ingredients

- 1 ½ cups whole-wheat pastry flour, or whole-wheat flour
- 1 cup all-purpose flour
- 1 ½ tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp baking soda
- ¼ tsp salt
- 2 large eggs
- 1 cup nonfat buttermilk (or mix 1 tbsp lemon juice into 1 cup milk)
- 2/3 cup brown sugar
- 2 tbsp butter, melted
- 2 tbsp canola oil
- 1 tsp vanilla extract
- ½ tsp almond extract (optional)
- 2 cups fresh or frozen berries, (whole blackberries, blueberries)
- ½ cup chopped toasted sliced almonds, plus more for topping if desired

Instructions

Preheat oven to 400°F for muffins, mini loaves and mini Bundts or 375°F for a large loaf. Coat pan(s) with cooking spray.

Whisk whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda and salt in a large bowl.

- Whisk eggs, buttermilk, brown sugar, butter, oil, vanilla and almond extract in another large bowl until well combined.
- Make a well in the center of the dry ingredients, pour in the wet ingredients and stir until just combined. Add berries and almonds. Stir just to combine; do not overmix. Transfer batter to the prepared pan(s). Top with additional almonds, if desired.

Bake until golden brown and a wooden skewer inserted into the center comes out clean, 22 to 25 minutes for muffins or mini Bundts, 35 minutes for mini loaves, 1 hour 10 minutes for a large loaf. Let cool in the pan(s) for 10 minutes, then turn out onto a wire rack. Let muffins and mini Bundts cool for 5 minutes more, mini loaves for 30 minutes, large loaves for 40 minutes.

NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	220	MONO-UNSATURATED FAT	3 g
PROTEIN	6 g	CHOLESTEROL	41 mg
CARBOHYDRATE	33 g	SODIUM	183 mg
TOTAL FAT	7 g	FIBER	3 g
SATURATED FAT	2 g	MAKES 12 SERVINGS	

RESOURCE: www.EatingWell.com