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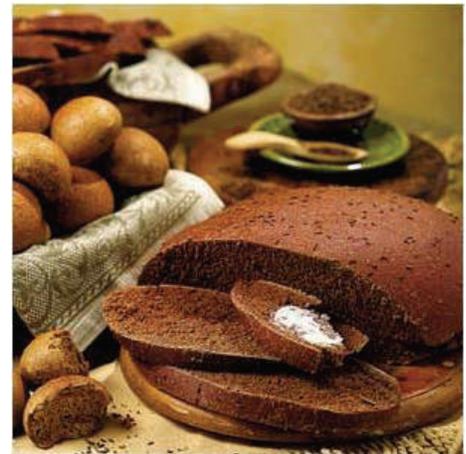
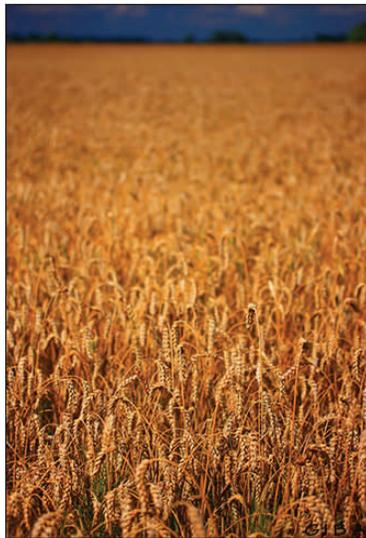
Why Add Rye to Your Diet?

Dark rye flour is more nutritious than whole wheat flour!

Learning for Life

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Rye flour is a good source of fiber.

Darker rye flours are more nutritious than medium and light rye flours.

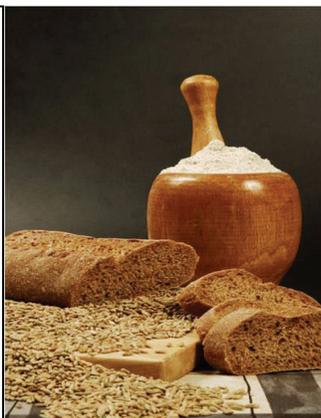
Rye is also available as rye berries, rye flakes and as cracked rye.

Many stores carry a variety of light and dark rye breads along with crisp breads made with rye.



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Rye, Wheat and Corn Quick Bread



Did you know:

Since rye flour contains less gluten, it is mixed with wheat flour so the bread will rise higher.

Ingredients

- 1 cup rye flour
- 1 cup whole wheat flour
- 1/2 cup cornmeal
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/3 cup molasses
- 1 cup non fat milk
- 1/3 cup plain non-fat yogurt
- 1/3 cup orange juice
- 3 tablespoons oil
- 1/2 cup chopped pecans
- Non-stick vegetable spray

Directions

1. Mix flours and cornmeal with baking powder and baking soda in a medium bowl.
2. Mix together the molasses, milk, yogurt, juice and oil in a small bowl.
3. Make a well in the center of the flour mixture and pour in the liquid mixture. Stir until batter is moistened, but do not over mix.
4. Spray loaf pan with non-stick spray. Spoon in batter.
5. Bake for 1 hour at 350 degrees. Take out of oven and let sit in pan for 10 minutes. Remove from pan and let cool slightly before slicing.

12 slices

Nutrition Information

Calories: 190 Carbohydrate: 28 grams
Protein: 4 grams Fat: 7 grams
Saturated Fat: Less than 1 gram
Cholesterol: 0.5 milligrams

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