

## BISQUICK NUT BREAD

*Toasting the walnuts in the oven before using them in any baking recipe will give them a better flavor.*

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### INGREDIENTS:

- 1/2 cup sugar
- 1 egg
- 1 1/4 cups milk
- 3 cups Bisquick
- 1 1/2 cups chopped walnuts

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### INSTRUCTIONS:

Preheat the oven to 350°.

Mix together the sugar, egg, milk and Bisquick in a medium-size mixing bowl. Then, by hand or using an electric mixer, beat the mixture vigorously for 30 seconds. The batter may be slightly lumpy.

Stir in the chopped walnuts by hand.

Pour the batter into a well greased standard-size loaf pan,

9 x 5 x 3 inches.

Place in the oven and bake for 45 to 50 minutes, until a toothpick inserted in the center of the loaf comes out free of batter.

Don't worry if there is a crack on top of the loaf. This is typical of a quick bread.

Put the pan on a metal cooling rack and let the bread cool completely before removing from the pan and slicing.

Serves 8

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**PER SERVING:** 395 calories, 9 g protein, 50 g carbohydrate, 19 g fat (3 g saturated), 32 mg cholesterol, 552 mg sodium, 1 g fiber.