

# Fig, Date and Walnut Quick Bread

*Dried fruits like figs and dates are good sources of potassium and fiber.*

Calories: 192 Carbohydrates: 32.5g Cholesterol: 36mg Sodium: 216mg Potassium: 227mg

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## Ingredients

- $\frac{3}{4}$  cup low-fat buttermilk
- $\frac{1}{2}$  teaspoon finely grated lemon rind
- $\frac{1}{4}$  teaspoon ground nutmeg
- $\frac{1}{8}$  teaspoon ground cloves
- $\frac{2}{3}$  cup chopped dried figs
- $\frac{1}{3}$  cup chopped pitted dates
- $\frac{1}{2}$  cup packed brown sugar
- 2 tablespoons olive oil
- 2 large eggs
- $\frac{3}{4}$  cup whole wheat flour (about 3  $\frac{1}{2}$  ounces)
- $\frac{3}{4}$  cup all-purpose flour (about 3  $\frac{1}{3}$  ounces)
- 1  $\frac{1}{2}$  teaspoons baking soda
- $\frac{1}{8}$  teaspoon salt
- Cooking spray
- $\frac{1}{3}$  cup chopped walnuts



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## Directions

Preheat oven to 350°.

Heat first 4 ingredients in a small, heavy saucepan over medium heat just until bubbles begin to form around edge (do not boil). Remove from heat; stir in figs and dates. Let stand 20 minutes or until fruit softens.

Combine sugar, oil, and eggs in a large bowl; stir with a whisk until well-blended. Stir in cooled milk mixture.

Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, baking soda and salt in a large bowl; make a well in center of mixture. Add milk mixture to flour mixture, stirring just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray. Sprinkle walnuts evenly over batter. Bake at 350° for 40 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on a wire rack.