



# Apricot-Orange Bread

## Instructions

1. Preheat oven to 350° F. Lightly oil two 9x5-inch loaf pans.
2. Cook apricots in water in a covered medium-size saucepan for 10–15 minutes or until tender but not mushy. Drain; reserve  $\frac{3}{4}$  cup liquid. Set apricots aside to cool.
3. Cream together margarine and sugar. By hand, beat in egg and orange peel.
4. Sift together flour, dry milk, baking powder, soda, and salt. Add to creamed mixture alternately with reserved apricot liquid and orange juice.
5. Stir apricot pieces and pecans into batter.
6. Turn batter into prepared pans.
7. Bake for 40–45 minutes or until bread springs back when lightly touched in center.
8. Cool 5 minutes in pan. Remove from pan and completely cool on wire rack before slicing.

## Tip

Apricots are only in season from late spring through mid-summer. Grab them during this time to take advantage of them as a significant source of potassium. Potassium helps maintain proper fluid balance, aids in muscle function, and helps regulate heartbeat.

Yield: 2 loaves

Serving Size:  $\frac{1}{2}$ -inch slice

Calories .....97

Total fat .....2 g

Saturated fat ..... <1 g

Cholesterol..... 6 mg

Sodium ..... 113 mg

## Ingredients

- ❖ 1 (6 oz) package of dried apricots cut into small pieces
- ❖ 2 C water
- ❖ 2 Tbsp margarine
- ❖ 1 C sugar
- ❖ 1 egg, slightly beaten
- ❖ 1 Tbsp freshly grated orange peel
- ❖  $3\frac{1}{2}$  C sifted all-purpose flour
- ❖  $\frac{1}{2}$  C nonfat dry milk powder
- ❖ 2 tsp baking powder
- ❖ 1 tsp baking soda
- ❖ 1 tsp salt
- ❖  $\frac{1}{2}$  C orange juice
- ❖  $\frac{1}{2}$  C chopped pecans



To help organizations help people shop for, prepare, and serve healthy meals, the National Heart, Lung, and Blood Institute (NHLBI) has created these Keep the Beat Recipes Tools and Resources. Additional information about the recipe may be accessed by visiting <http://www.nhlbi.nih.gov>.

