



# Strawberry Tea Bread

*A twist on the stereotypical banana bread, this strawberry tea bread makes the most of summer's favourite fruit! This delicious cake-bread is packed with vitamin C, vitamin A, iron, and protein. Serve with other fresh berries to for an extra anti-oxidants boost in this light dessert!*

Prep: 25 minutes • Total: 1 hr 30 minutes

## Ingredients:

Strawberries (chopped)	2 cups	500 mL
Ground almonds	½ cup	125 mL
Flour	1 ½ cups	375 mL
Butter (unsalted, softened)	¼ cup	½ stick
Sugar	½ cup	125 mL
Eggs	2	2
Baking powder	2 tsp	10 mL
Salt	pinch	pinch
Cinnamon (ground)	¼ tsp	1 mL
Nutmeg (ground)	⅛ tsp	0.5 mL
Milk (2%)	⅓ cup	75 mL

## Directions:

1. Pre-heat oven to 350°F (180°C). Grease and line a loaf pan.
2. In a small bowl, toss strawberries, almonds, and ¼ cup of the flour together until strawberries are coated. Set aside.
3. In a large bowl, beat butter with sugar until light and fluffy.
4. Beat in eggs, 1 at a time; mix well.
5. In a separate bowl, mix together remaining flour with baking powder, salt, cinnamon, and nutmeg.
6. Stir flour mixture and milk alternatively into the butter mixture. Make 3 additions of flour and 2 additions of milk.
7. Carefully fold in strawberries.
8. Bake on middle rack for 1 hour or until cake tester inserted in the centre of the bread comes out clean.
9. Leave to cool in pan for 10 minutes before turning out onto rack to cool completely.

## Nutrition Facts

Serving Size (72g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories 170</b>	<b>Calories from Fat 60</b>		
		% Daily Value*	
<b>Total Fat 7g</b>			<b>11%</b>
Saturated Fat 3g			<b>15%</b>
Trans Fat 0g			
<b>Cholesterol 45mg</b>			<b>15%</b>
<b>Sodium 125mg</b>			<b>5%</b>
<b>Total Carbohydrate 24g</b>			<b>8%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 10g			
<b>Protein 4g</b>			
<b>Vitamin A 4%</b>		<b>Vitamin C 25%</b>	
<b>Calcium 4%</b>		<b>Iron 6%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

*Adapted from: Canadian Living*

Makes 12 servings ( 72.44 g / serving) • 1 serving = 1 slice

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