HEALTH-CRUSH

Food for the Body, Mind & Soul

BEER BREAD

Now this is bread that is too good to pass up & a total indulgent dish for the soul! It's so good, you'll want to invite company so you don't eat the entire loaf!

SERVINGS	SERVING SIZE	TIME TO MAKE
12	1 SLICE (THICK)	75 MINUTES

INGREDIENTS

- 1/2 Cup, Salted Butter, melted (1/4 pound or 1 stick butter)
- 3 cups All-Purpose Flour
- ½ cup Sugar
- 1 Tablespoon Baking Powder
- 1 teaspoon Salt
- 1 can (12 oz) Beer, Amber or Golden Ale work the best

DIRECTIONS

- Grease a bread pan with butter (or after step 4, using a paper towel or paper napkin, take any leftover butter and grease the bread pan with it)
- In a medium size bowl, mix the flour, sugar, baking powder and salt.
- Add the melted butter, gently mix together
- Slowly add the beer, tilting the beer can/bottle at a 45 degree angle, being careful not to add it too quickly as you want to decrease the amount of foam the beer will be giving off. Gently mix until the flour is moistened.
- Pour the batter into the bread pan.
- Bake for 50-60 minutes or until a toothpick comes out clean from the center of the bread
- Let it rest for 10 minutes, then remove the bread pan and place on a cookie rack to cool until ready to serve.
- Enjoy!

Nutritional Information per serving: 211 Calories, 8 grams Fat, 5 gram Saturated Fat, 20 mg Cholesterol, 319 mg Sodium, 29 grams Total Carbohydrates, 1 gram Fiber, 4 grams Sugar, 3 grams Protein, 8% Vitamin A, 0% Vitamin C, 6% Calcium, 9% Iron