



Lemon Poppyseed Bread

1 lemon cake mix 1 cup water

½ cup oil 4 eggs

1 package fat-free, sugar ½ cup poppyseeds

free lemon pudding

Directions

1. Preheat oven to 350°F. Wash hands with soap and water.

- 2. Mix all ingredients together with a mixer at medium speed for four minutes.
- 3. Pour into 2-8 by 4-inch loaf pans, either non-stick, or spraying with nonstick cooking spray.
- 4. Bake for 45 minutes or until done. **Yield:** 2 loaves, 16 slices each

Source: Recipes for Diabetes, University of Illinois Extension

Nutrition Facts (per serving): 108 calories, 5 grams fat, 110 milligrams sodium, 14 grams carbohydrate, 0 grams fiber, 1 gram protein

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