



# Lemon Poppyseed Bread

1 lemon cake mix	1 cup water
½ cup oil	4 eggs
1 package fat-free, sugar free lemon pudding	¼ cup poppyseeds

## 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