# Going Healthy: Whole Grain Protein Beer Bread

## Description

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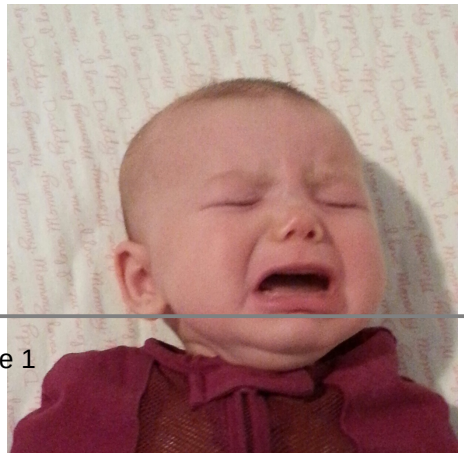
Hey there!

Today weâ€™re visiting G-ma and hopefully having a great time.

I am pushing to see a lot of theseâ€¦

And very little to none of theseâ€¦.



Next time I wonâ€™t pop the balloon!

As well as plenty of this at nightâ€¦.

Sleep = Good

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But, babies are, in fact, babies, so lets just hope for the best.

When we have wonderful weather like here in Texas lately, I like to enjoy a good beer. And, I like to eat good food, so why not make something *with* good beer?

Beer bread is a favorite of mine, but I despise the enriched flour and crappy ingredient store-bought mixes. You always pay a price when you settle for convenience like fast food and pre-mixed packages so it seems. But this recipe is pretty simple and one youâ€™ll be making more than once!

**Whole Grain Protein Beer Bread**

**Ingredients**

1 cup whole grain spelt (or other whole grain) flour

1 cup whole grain corn flour

1 cup unflavored protein powder; I use whey protein powder

3/4 cup unsweetened applesauce or pumpkin puree

1/2 cup plain, non-fat Greek yogurt

1 large egg and 4 large egg whites (I have used 12oz of pureed Mori-Nu Silken Tofu for a great vegetarian substitute)

1/2 teaspoon salt

1 teaspoon baking soda

1 1/2 T baking powder

12-oz bottle of favorite beer at room temp

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Optional #1: Add sweetener to taste (I used a packet of Stevia, but 2 tsp of brown sugar or honey would be good too)

Optional #2: Add herbs and spices like cumin, cayenne, garlic powder, rosemary, or dill to really make this bread stand out.

**Directions**

-Preheat the oven to 350 degrees. Spray a loaf pan, square glass baking dish, 9-inch pie pan, or a 12 muffin baking pan with non-stick spray

-In a large bowl, beat eggs with a whisk, add all other wet ingredients and whisk to blend

-In another bowl, mix the dry ingredients stirring with a whisk.

-Add dry ingredients to the liquid mixture and mix just until combined.

-Pour the batter into prepared pan. Bake for 40 to 55 minutes or when a toothpick comes out clean. Check for browning towards the end and cover with foil for the last 10 minutes if needed.

Hope you give it a try and enjoy. Please send any feedback (good or bad) as Iâ€™d love to hear how it turned out for you and/or ways to improve.

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