



FEATURE RECIPE

BEST-EVER NUT BREAD

This recipe makes 2 tasty loaves, perfect for lunches or after school snacking!

Prep Time: 45 minutes

Cook Time: 60 minutes

Makes: 2 loaves (28 slices)

Split Pea Purée

(makes 2 cups/500 mL)

1 cup (250 mL) dry yellow split peas
2 1/2 cups (625 mL) water

Bread

2/3 cup (150 mL) butter, softened
2 cups (500 mL) granulated sugar
4 eggs
2/3 cup (150 mL) water
3 1/3 cups (825 mL) sifted all-purpose flour
2 tsp (10 mL) baking soda
1 tsp (5 mL) salt
1/2 tsp (2 mL) baking powder
1 tsp (5 mL) ground cinnamon
1/2 tsp (2 mL) ground cloves
1/2 tsp (2 mL) ground nutmeg
1 cup (250 mL) chopped walnuts or pecans

Instructions

1. To make split pea purée: rinse dry split peas under cool running water and place in a medium saucepan with 2 1/2 cups (625 mL) water. Bring to a gentle boil, reduce heat, cover and simmer for 45 minutes. Cool slightly and do not drain. In small batches, mash or purée split peas with a food processor, blender or potato masher until it is the consistency of canned pumpkin. Add more water 1 Tbsp (15 mL) at a time to reach desired consistency, then set aside.
2. Preheat oven to 350°F (180°C).
3. Cream together butter and sugar. Beat in eggs, one at a time. Add split pea purée and 2/3 cup (150 mL) water.
4. In a separate bowl, sift together dry ingredients, except nuts. Stir into creamed mixture along with nuts.
5. Bake in 2 well-greased 5 x 9-inch (13 x 23 cm) loaf pans for 60 to 70 minutes. The bread is done when a toothpick inserted into the centre of loaf comes out clean. Cool loaves in the pans for 5 minutes, then remove and cool completely on wire racks. Store in airtight containers.

Courtesy pulsepledge.com

Nutrients per serving (1 slice)

219 Calories, 9 g Fat, 3 g Saturated Fat, 39 mg Cholesterol,
32 g Carbohydrate, 1 g Fibre, 16 g Sugars, 5 g Protein,
172 mg Sodium, 119 mg Potassium, 83 mcg Folate, 1 mg Iron

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