

Maple Fruit and Nut Bread

Ingredients

2½ cups flour

1 tablespoon baking powder

1/2 teaspoon salt

1 cup maple syrup, plus some for drizzling

1 cup milk

¼ cup sour cream

¼ cup butter, melted

1 egg

¾ cup fruit (whole if small; ex: blueberries, cranberries - diced if large; ex: apples, bananas)

¾ cup nuts (chopped and roasted)

Directions

Prepare loaf pan

Preheat oven to 350

Combine thoroughly flour, baking powder and salt.

Add fruit and nuts, mix in well.

Combine thoroughly maple syrup, milk, sour cream, melted butter and egg.

Add wet ingredients to dry, combine thoroughly, do not over mix

Transfer to loaf pan, drizzle top with maple syrup and bake for 50 to 60 minutes until toothpick comes out clean.

Let sit for 5 to 10 minutes, remove from pan and place on rack to cool.