

Food.

FRESH FRUIT BREAD

Recipe by Sharon123

A wonderful bread adaptable to any season of the year. It freezes well. One of my most requested recipes.



READY IN: 1hr 15mins

YIELD: 2 loaves

UNITS: US

INGREDIENTS

- $\frac{3}{4}$ cup butter
- $1\frac{1}{4}$ cups sugar
- 3 eggs
- 8 ounces sour cream
- 1 teaspoon vanilla
- 3 cups flour
- $\frac{3}{4}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon

2 cups blueberries or 2 cups peaches

NUTRITION INFO	
Serving Size: 1 (1486) g	
Servings Per Recipe: 1	
AMT. PER SERVING	% DAILY VALUE
Calories: 2169.3	
Calories from Fat 918 g	42 %
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Total Fat 102 g	157 %
Saturated Fat 60.1 g	300 %
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Cholesterol 524.2 mg	174 %
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Sodium 2139.5 mg	89 %
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Total Carbohydrate 284.4 g	94 %
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Dietary Fiber 8.3 g	33 %
Sugars 137.1 g	548 %
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Protein 33 g	65 %

DIRECTIONS

Cream butter and sugar, add eggs, sour cream, and vanilla. In another bowl, mix flour, baking powder, baking soda, salt, cinnamon, and add to above mixture.

Carefully fold in fruit.

Pour into two prepared bread pans and bake at 350° for one hour.

This recipe may be doubled.

Variation: Prune Bread: Use 3/4 pound chopped pitted prunes and add 3/4 teaspoon cardamom, 1/2 teaspoon nutmeg, 1 Tablespoon grated orange peel.

Cranberry Bread: Use 2 cups whole cranberries, eliminate cinnamon, add 1 Tablespoon grated orange peel, 1 teaspoon orange extract.