



Ginger Bread Loaf

Serves 12

2 ½ cups flour
1/3 cup sugar
1 cup molasses
2 eggs
½ cup vegetable shortening
1 tsp. cinnamon
1 ½ tsp. ground ginger
1 tsp. baking soda
¾ tsp. salt
¾ cup hot water

Preheat oven to 350 degrees and prepare a bread loaf pan with some oil and flour.

Place all of the ingredients in a bowl. Mix them well using an electric beater – for about 3 minutes. If you do not have one, go ahead and whisk for about 5 minutes.

Pour batter into pan and bake for about 45 minutes – until a cake pin comes out clean. Remove from oven and turn pan over on to a clean counter or cutting board. Allow cooling for a few minutes. Place on wire cooling rack and cool down completely.

Spoon glaze over loaf. Serve and enjoy!

FOR THE GLAZE:

1 cup confectioner's sugar
3 TBS milk
1 tsp. vanilla extract

Whisk all ingredients in a bowl.

1/12th of loaf w/o glaze - CALORIES 280.05; FAT 9.08 grs (sat 2.3; mono 2.0; poly 4.28); PROTEIN 3.76 grs ; FIBER 0.83 grs; CARBS 45.71 grs; CHOLESTEROL 31.00 mg; IRON 2.67 mg; SODIUM 273.02 mg; CALCIUM 66.00 mg