



Peanut Butter Quick Bread

Description

A sweet treat that's easy to make, this moist and delicious peanut butter bread can be enjoyed at any hour of the day.

Prep Time 10 minutes mins

Cook Time 1 hour hr 10 minutes mins

Total Time 1 hour hr 20 minutes mins

Ingredients

- 1 cup milk
- 1 cup granulated sugar
- 1 cup peanut butter
- 2 eggs, room temperature
- 1½ cups flour
- ½ cup old fashioned oats
- 1 tablespoons baking powder
- ½ teaspoon salt

Instructions

1. Move the oven rack to the center of the oven. Preheat the oven to 350°F.
2. Prepare an 8x4 loaf pan by spraying the pan lightly with nonstick spray and then placing a piece of parchment paper into the pan.
3. Using a heavy-duty blender or food processor, pour in the milk, sugar, peanut butter, and eggs. Process for 1 to 2 minutes until a smooth batter, depending on the strength of your appliance.
4. Add in the flour, oats, baking powder, and salt then process until smooth which will take about 1 minute. If your appliance is lower wattage just add the dry ingredients gradually.
5. Pour batter into the prepared loaf pan.
6. Place in the oven and bake for 1 hour and 10 minutes or until a toothpick comes out clean or with just a few crumbs on it.

7. Remove from the oven and let rest in the pan for 10 minutes on a cooling rack before removing.
8. Allow the peanut butter bread to completely cool before slicing and serving. There are so many delicious optional toppings for this bread! You can top it with peanut butter, jelly, sliced bananas, etc.

Notes

- This recipe calls for room-temperature eggs. If you forgot to let yours sit out beforehand, run a bowl of warm (not hot) water and place your eggs in the shells inside the bowl for about 5 minutes.
- If you want the peanut butter to slide out of the measuring cup easily, give the measuring cup a light coating of non-stick spray first.
- If you plan to use the same measuring cup for the milk and peanut butter, start with the milk, then add the peanut butter next, so it's easier to measure your milk.
- If your appliance is lower wattage, add the dry ingredients gradually.
- Set a timer for 50 minutes. At that time, check the bread to make sure the top is not getting too brown. If it is, you can cover it loosely with aluminum foil. Then continue baking.

Nutrition

Calories: 341kcal | Carbohydrates: 44g | Protein: 11g | Fat: 15g | Saturated Fat: 4g | Trans Fat: 1g | Cholesterol: 35mg | Sodium: 260mg | Potassium: 368mg | Fiber: 2g | Sugar: 24g | Vitamin A: 87IU | Calcium: 101mg | Iron: 2mg

Category

1. High Protein Recipes

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