

Consuelo's Sweet Bread

(Rosca de Reyes)

From the kitchen of Consuelo Cardenas, Eagle Pass

Preparation Time: 6-7 hours

Number of servings: 8

Ingredients:

1 ½ cup white flour

1 ½ cup whole wheat flour

1 ½ packages yeast

2 teaspoons brown sugar

½ teaspoon salt 2 teaspoons vanilla

6 egg whites (can also use egg substitute equal to 3 eggs)

¾ cups dried fruit (any variety), cut into small pieces

8 ounces plain low-fat yogurt

3 teaspoons skim milk ¾ cup margarine

Preparation:

1. Mix flour, sugar and salt together in a large bowl. Set aside.
2. Mix softened margarine, yogurt, vanilla and yeast together. Add egg whites or substitute and mix.
3. Form a small hole in the center of the dry ingredients. Add yogurt mixture into the hole.
4. Blend with mixture on low, or mix manually using two forks until dough is soft (not sticky).
5. Put dough in a large bowl and place in a warm place for minimum of 3 hours (cover with clean dry dish cloth if desired).
6. Punch risen dough and form a large ring with the dough. If the ring is not large enough, center may close during rising. A Bundt pan may be used.
7. Place ring on a large cookie sheet. Brush top with milk.
8. Add dried fruit to top of dough, pushing fruit into dough lightly so it doesn't fall.
9. Allow dough to rise for about 30 more minutes.
10. Bake in preheated oven for 35 minutes at 350°F.

Nutrition information per serving:

FAT: 30% of calories from fat (low)

FIBER: 4 grams

CALORIES: 270