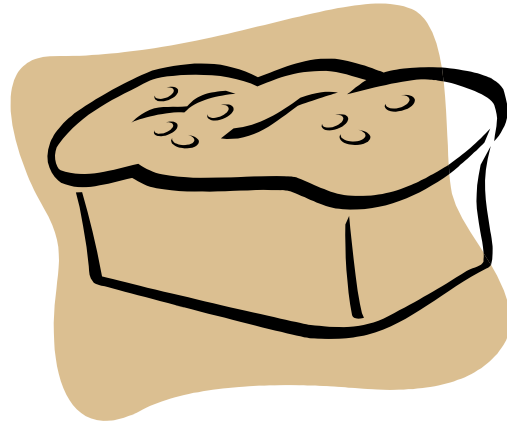


## Melanie's Gingerbread

*This bread is a great dessert or snack and is a great source of iron in comparison to processed foods/snacks that are high in hydrogenated fats and high fructose corn syrup.*

### **Ingredients**

2/3 cup of honey  
1 cup of oil  
3 eggs  
1 cup of water  
3 tsp. baking powder  
3 cups sifted whole wheat flour  
1 tsp. ginger  
1 tbsp. of cinnamon  
1 tsp. cloves  
2/3 cup of blackstrap molasses



### **Directions:**

Preheat oven to 350 degrees. Sift dry ingredients 2 to 3 times and set aside. Combine honey, oil, eggs, molasses and beat. Beat in dry ingredients and water. Grease an 8x12 baking pan and pour batter in. Bake at 350 degrees for 35-45 minutes.

### **More nutrition information about this recipe:**

- 100% whole wheat is high in fiber, manganese and helps maintain a healthy weight
- Blackstrap molasses is high in iron, calcium, manganese and copper
- Canola or olive oil is healthier than butter because it is monosaturated where as the latter is full of saturated fat.