

# San Francisco Chronicle

July 21, 1999

## HAWAIIAN BREAD

Marsha Yamamoto of San Mateo Xeroxed this from "Hawaiian Kids Cookbook," published in the mid-'70s.

### INGREDIENTS:

- ☐ 3 cups flour
- ☐ 1 cup sugar
- ☐ 4 teaspoons baking powder
- ☐ 1 teaspoon salt
- ☐ 1 (8¼-ounce) can crushed pineapple
- ☐ 1¼ cups buttermilk
- ☐ 1 egg
- ☐ ¼ cup butter
- ☐ ½ cup chopped macadamia nuts or pecans

### INSTRUCTIONS: Preheat oven to 350°.

In a large bowl, combine the flour, sugar, baking powder and salt.

In a smaller bowl, combine the pineapple, buttermilk and egg; mix well.

In a small pan, melt the butter and add to the pineapple mixture. Add to the flour mixture and stir with a spoon until well mixed. Stir in the nuts.

Pour into a greased 8-inch loaf pan. Bake for about 1 hour, or until the bread tests done.

Cool in the pan for 10 minutes, then turn out onto a rack and cool completely. Wrap well for storage.

Serves 8.

**PER SERVING:** 405 calories, 7 g protein, 65 g carbohydrate, 13 g fat (5 g saturated), 43 mg cholesterol, 530 mg sodium, 2 g fiber.