

# Nutty Orange Wheat Bread

High-fiber bread features rustic crust, walnuts and tangy orange

**INGREDIENTS (Makes One Loaf)**

- 1-1/2 to 2 cups all-purpose flour
- 1-1/2 cups whole wheat flour
- 1 envelope Fleischmann's RapidRise Yeast
- 1-1/2 teaspoons grated orange peel
- 1 teaspoon salt
- 1 cup milk
- 1/4 cup water

**DIRECTIONS**

In a large bowl, combine 1/2 cup all-purpose flour, whole wheat flour, undissolved yeast, orange peel, and salt. Heat milk, water, honey, and butter until very warm (120°F to 130°F). Gradually add to flour mixture.

Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Stir in nuts and enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 min-



A nutty orange wheat bread is a recipe for family fun to spend some time together in the kitchen.

utes. Cover; let rest 10 minutes.

Divide dough into 3 equal pieces; form each into smooth ball. Place in greased 8-1/2 x 4-1/2-inch loaf pan. Cover; let rise in warm, draft-free place until doubled in size, about 1

hour.

Bake at 375°F for 35 to 40 minutes or until done. Cover with foil during last 10 minutes to prevent excess browning. Remove from pan; cool on wire rack.

<b>Nutrition Information Per Serving</b>	
<b>Serving Size &amp; Weight: 1/12 of recipe; 2.9 ounces</b>	
Calories: 230	Carbohydrates: 33 g
Total Fat: 9 g	Dietary Fiber: 3 g
Saturated Fat: 3 g	Sugars: 7 g
Cholesterol: 10 mg	Protein: 6 g
Sodium: 250 mg	

**Dear Deanna!**

My son got into a fight at school with another student because of the n-word. The school suspended my boy and didn't do anything to the white kid because he didn't hit back. I went to the school and fussed but they blew me off. Why isn't the school sensitive to the n-word that started this whole mess? --Shante; Baltimore, MD

**Dear Shante:**

In a nutshell. N-word glamour in rap music. Self-referral and use of the n-word in the black community and culture. A small percentage of blacks use the n-word in a loose fashion

that makes it appear acceptable. Then when it's used by someone out of the race, they try to go off. If your son had the proper home training, he would have known the word nigger doesn't apply to him. It means stupid in the dictionary, can be translated to the color black in Spanish and the slave mentality that comes with it, died 400 years ago.

**Dear Deanna!**

When I met the woman I'm with, I wasn't saved. Now I've given my life to the Lord and she doesn't understand why I won't have sex with her. I asked her to marry me but she said no. I don't feel as if I can



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continue this relationship because my salvation is more important. What should I do? --Dennis; Memphis, TN

**Dear Dennis:**

You're doing the right thing by avoiding fornication which is a sin. It's not worth it to send your soul to Hell for an illegal orgasm—that's right, a moment of passion with someone who isn't your spouse. Lead her to the Lord and help her become saved. God doesn't want you to be unequally yoked so don't sweat the marriage rejection. Pray for her and continue to walk with God so she'll see your faith and

obedience.

**Dear Deanna!**

This may sound like something from a book, but it's true. I started dating this guy from around the way and my grandmother just told me that we're cousins. Maybe fourth or fifth cousins so it's not too close. I don't see any harm in it but my family is going off. We're serious about each other. What's the big deal? --Anonymous; Mooresville, NC

**Dear Anonymous:**

It's called incest and you don't want any part of it. If your granny

said you're related then you better listen. Elders know the family tree like the back of their hand. Do yourself and the family a favor by finding another boyfriend. Don't be stupid and take it to the next level and try to have kids. Mixing genetic blood causes birth defects, retardation and other problems. You may as well get "un-serious" and keep it moving.

Ask Deanna is written by Deanna M. Write Ask Deanna! Email: askdeanna1@yahoo.com or write: Deanna M, P.O. Box 88847, Los Angeles, CA 90009. Website: www.askdeanna.com

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