

## Sweet Sour Cream Lemon Bread

A diabetic-friendly recipe

### Ingredients:

- 1 1/2 cups flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 cup butter, room temperature
- 1/2 cup granular Splenda
- 1 tablespoon lemon zest
- 1 1/2 tablespoons lemon juice\*
- 6 tablespoons sour cream
- 1 teaspoon vanilla
- 2 eggs



### Directions

1. Preheat oven to 325°F. Line a standard-size loaf pan with parchment paper.
2. Combine flour, baking powder, and baking soda in a medium bowl. Set aside.
3. Place butter and Splenda in the bowl of a stand mixer. Mix on medium speed for 3–4 minutes.
4. Combine lemon zest, lemon juice, sour cream, and vanilla in a small bowl. Whisk in eggs.
5. Add half of the flour mixture to the butter mixture. Stir to combine. Stir in lemon mixture. Stir in remaining flour mixture.
6. Transfer to the prepared loaf pan.
7. Bake 60–65 minutes. Allow to cool before serving.

\*To extract more juice from the lemon, microwave for 10 seconds before juicing.

*Makes 10 servings*

***To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.***