

Nut Brent - Any.

Do not chop nuts - leave whole.
chopped nuts can make loaf dryer.



instead of flour + spray -

Take ~~piece~~ piece of aluminum foil that
can (a little ~~more~~ more than cover loaf pan
(Turned up upside down. forming over pan.
then take foil format, turn pan upright &
place in pan - (some foil to overlap a little.)
fill & bake - Can lift right out with
overlap foil. - Trim foil after if desired