Cranberry Orange Bread

A sweet bread is a healthy holiday treat with a zesty pop of color.

Serves 12

Ingredients

- 1 cup whole wheat pastry flour
- 1 cup all-purpose flour
- ½ cup sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- zest from 1 orange
- ⅔ cup fresh orange juice
- 2 eggs, beaten
- ⅓ cup vegetable oil
- 1 cup dried cranberries

Nutrition Facts

Serving Size 1 Slice
Servings Per Recipe 12

Amount Per Serving	
Calories 210	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 220mg	**9%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 2g	**8%**
Sugars 16g	
Protein 4g	

Vitamin A 2% • Vitamin C 10%
Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. Preheat oven to 350 degrees.
2. In a large bowl, mix together flours, sugar, baking powder, salt and orange zest.
3. In a separate bowl, beat eggs, then add juice, oil and cranberries.
4. Fold wet mixture into dry mixture, stirring just enough to blend ingredients.
5. Pour into a greased bread pan.
6. Bake 45-50 minutes, until knife inserted in center comes out clean.
7. Cool completely before slicing.

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