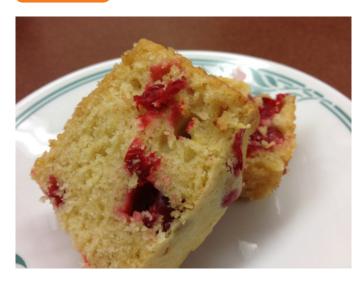
Cranberry Orange Bread

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
- ¾ 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 35n	ng 12 %
Sodium 220mg	9%
Total Carbohyd	rate 34g 11%
Dietary Fiber 2	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		

	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 Carbohydra	ate	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.

