

Cranberry Nut Bread

Ingredients:

- 2 c. flour*
 - 2/3 c. sugar
 - 1 1/2 tsp. baking powder
 - 1/2 tsp. baking soda
 - 2 tsp. grated orange peel
 - 3/4 c. orange juice
 - 1/4 c. margarine, melted
 - 1 egg (OR 2 egg whites)
 - 1 c. chopped cranberries
 - 1/3 c. chopped walnuts
- Glaze
- 1/3 c. powdered sugar
 - 1 tsp. water

* You can substitute ½ to 1 cup of the flour with whole-wheat flour.

Directions:

- Preheat oven to 350 degrees. Mix flour, sugar, baking powder and baking soda in a large bowl. Grate orange peeling, then squeeze juice from orange. Add additional orange juice to make ¾ cup. In another bowl, blend orange juice, margarine, egg and grated orange peel; add to flour mixture, stirring just until blended. Mix in cranberries and walnuts.

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Directions Continued:

- Pour batter into a 9- by 5-inch loaf pan greased on bottom only. Bake for 50 to 60 minutes or until a toothpick inserted in the center comes out clean. Cool in pan 10 minutes; remove and cool completely on wire rack. To make glaze, mix powdered sugar and water; add water as needed to make a thin glaze. Drizzle over cooled loaf.

Makes 16 servings. Per serving: 150 calories, 5 grams (g) fat, 24 g carbohydrate and 115 milligrams sodium.

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