

Cranberry Orange Bread

I'm borrowing this from Quaker Oats® website because it's a recipe my grandmother used to make, though to be honest she used a heaping cup of white sugar; this version seems a little more foodie and healthy for you. Give it a try and tell us what you think! - Misty

Ingredients:

- 1/2 cup all-purpose flour
- 1-1/2 cups whole-wheat flour
- 1-1/4 cups Quaker® Oats (quick or old fashioned, uncooked)
- 1/2 cup brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 cup non-fat milk
- 3 eggs, lightly beaten
- 1/3 cup Tropicana Pure Premium® orange juice or Dole® 100% orange juice
- 1/4 cup vegetable oil
- 1 tablespoon grated orange peel
- 3/4 cup chopped fresh, frozen (thawed) or dried cranberries
- 2 tablespoons chopped pecans

Preparation:

Heat oven to 350°F. Spray pan bottom only of 9 x 5-inch loaf pan with non-stick vegetable coating. In large bowl, combine all-purpose flour, whole wheat flour, oats, sugar, baking powder, baking soda, salt, nutmeg and cinnamon; mix well. In medium bowl, combine milk, eggs, orange juice, oil and orange peel; blend well. Add to dry ingredients all at once; stir just until dry ingredients are moistened. (Do not overmix). Stir in cranberries and pecans. Pour batter into pan. Bake 60 to 70 minutes or until wooden pick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan. Cool completely. Store tightly wrapped.

Cook's Notes: To toast nuts for extra flavor, spread evenly in shallow baking pan.

Bake at 350°F for 5 to 10 minutes or until golden brown, stirring occasionally. Cool completely before using.

Yield: 1 LOAF (16 SERVINGS)

Nutrition Information: 1/16th of loaf: Serving Size: 1/16th of loaf; Calories: 160

Calories from Fat: 50 Total Fat: 6 9% Saturated Fat: 1 5% Trans Fat: 0 Cholesterol: 40 13% Sodium:

120 5% Total Carbohydrate: 24 8% Dietary Fiber: 2 10% Sugars: 8 Protein: 5 9% Vitamin A: 0 0%

Vitamin C: 3 6% Calcium: 53 6% Iron: 1 8% Dietary Exchange

starchbread:1 fruit:1/2 fat:1