

Apple Cranberry Bread

Ryan Binner

Port St Lucie Elementary Family Recipe Book

*2 cups flour
1 cup sugar
1 1/2 teaspoons baking
soda
1 teaspoon salt
1/2 teaspoon cinnamon
1 egg, beaten
3/4 cup orange juice
3 tablespoons corn oil
1 1/2 cups cranberries
1 cup apples, chopped*

Preheat the oven to 350 degrees.

In a bowl, mix the flour, sugar, baking soda, salt and cinnamon.

In a bowl, mix the egg, orange juice and cooking oil. Stir the egg mixture into the flour mixture all at once.

Fold in the apples and cranberries. Pour into a greased loaf pan.

Bake for one hour.

Per Serving (excluding unknown items): 2341 Calories; 49g Fat (18.8% calories from fat); 34g Protein; 446g Carbohydrate; 17g Dietary Fiber; 212mg Cholesterol; 4100mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Lean Meat; 3 1/2 Fruit; 8 1/2 Fat; 13 1/2 Other Carbohydrates.