

Cranberry Nut Bread

Ocean Spray Cranberries, Inc.

Yield: 1 loaf

*2 cups flour
1 cup sugar
1 1/2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon baking soda
3/4 cup orange juice
2 tablespoons vegetable oil
1 tablespoon grated orange peel
1 egg, well beaten
1 1/2 cups fresh or frozen
cranberries, coarsely chopped
1/2 cup chopped nuts*

Preheat the oven to 350 degrees.

Grease a 9x5-inch loaf pan.

In a medium mixing bowl, mix together the flour, sugar, baking powder, salt and baking soda. Stir in the orange juice., oil, orange peel and egg. Mix until well blended.

Stir in the cranberries and nuts. Spread evenly in the loaf pan.

Bake for 55 minutes or until a toothpick inserted in the center came out clean.

Cool on a rack for 15 minutes. Remove from the pan and cool completely.

Per Serving (excluding unknown items): 2530 Calories; 75g Fat (26.3% calories from fat); 45g Protein; 429g Carbohydrate; 15g Dietary Fiber; 212mg Cholesterol; 3579mg Sodium. Exchanges: 13 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Fruit; 13 Fat; 13 1/2 Other Carbohydrates.