

# **Orange Cranberry Quick Bread**

Want a new tasty grain option for breakfast? Try this whole grain-rich quick bread that is full of orange flavor and cranberries.

Ages: 3–18 years Makes: 6 servings Prep time: 15 minutes Cook time: 55 minutes

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#### **INGREDIENTS**

### Nonstick cooking spray

1<sup>1</sup>/<sub>3</sub> cup (5 oz) cranberries, frozen, unsweetened or fresh

1/3 cup sugar, granulated

1 cup flour, whole-wheat

¼ tsp baking powder

<sup>1</sup>/<sub>4</sub> tsp baking soda

- 1/8 tsp, salt, table
- 1 egg, fresh, large, whole

<sup>1</sup>/<sub>3</sub> cup applesauce, unsweetened

1 tsp orange extract



**Food and Nutrition Service** 

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DIRECTIONS

- 1. Wash hands with soap and water for at least 20 seconds.
- 2. Preheat oven to 350 °F.
- **3.** Spray a loaf pan (8½" x 4½" x ½") with nonstick cooking spray.
- **4.** In a small bowl, combine cranberries and 2 Tbsp sugar. Toss and set aside.
- In a medium bowl, combine flour, remaining sugar, baking powder, baking soda, and salt. Whisk to mix well.
- In a separate small bowl, combine eggs, applesauce, and orange extract. Whisk until well-blended. Wash hands after touching uncooked eggs.
- **7.** Add wet ingredients to the dry ingredients and mix. Do not over-mix.
- 8. With a rubber spatula, fold the coated cranberries into the dough.
- Pour dough into loaf pan and bake for 50-55 minutes.
- 10. Cut pan into 6 even pieces.
- 11. Serve 1 piece.



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## NUTRITION INFORMATION

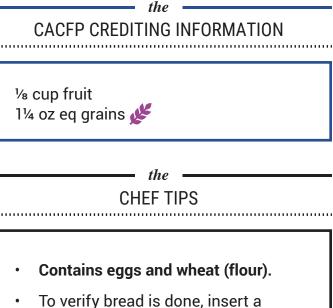
1 piece Orange Cranberry Quick Bread

Nutrients	Amount
Calories	149
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	27 mg
Sodium	131 mg
Total Carbohydrate	3 g
Dietary Fiber	3 g
Total Sugars	15 g
Includes Added Sugars	N/A
Protein	4 g
Vitamin D	N/A
Calcium	26 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project

### TeamNutrition.USDA.gov



- To verify bread is done, insert a wooden toothpick into the center of the bread. If wet batter sticks to the toothpick, the bread needs more baking time.
- The *symbol* indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

