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

**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.
5. In a medium bowl, combine flour, remaining sugar, baking powder, baking soda, and salt. Whisk to mix well.
6. 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.
9. Pour dough into loaf pan and bake for 50–55 minutes.
10. Cut pan into 6 even pieces.
11. Serve 1 piece.

**INGREDIENTS**

- Nonstick cooking spray
- 1¼ cup (5 oz) cranberries, frozen, unsweetened or fresh
- ½ cup sugar, granulated
- 1 cup flour, whole-wheat
- ¼ tsp baking powder
- ¼ tsp baking soda
- ½ tsp, salt, table
- 1 egg, fresh, large, whole
- ½ cup applesauce, unsweetened
- 1 tsp orange extract
### NUTRITION INFORMATION

1 piece Orange Cranberry Quick Bread

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
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<tbody>
<tr>
<td>Calories</td>
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<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
<td>0 g</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
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</table>

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

### CACFP CREDITING INFORMATION

- ⅛ cup fruit
- 1¼ oz eq grains 🌾

### CHEF TIPS

- Contains eggs and wheat (flour).
- 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.