



Dec 05, 2013

Cranberry Orange Loaf

Serves: 10 | Serving Size: 2-3/4 ounces

Total Time: 50 min | Prep: 10 min | Cook: 40 min

- 1 cup all purpose flour
- 1/2 cup instant rolled oats
- 1-1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/2 cup egg whites
- 1/2 cup honey
- 1/2 cup skim milk
- 4 tablespoons orange juice concentrate, undiluted
- 1 tablespoon apple sauce
- 1 cup fresh raw cranberries

Preheat oven to 350°. Lightly spray a nonstick loaf pan.

Combine dry ingredients in a large mixing bowl; set aside.

Combine the remaining ingredients except the cranberries, into a food processor and blend smooth. Add the cranberries and pulse for a few seconds so the cranberries are chopped. Add cranberry mixture to the dry ingredients and mix smooth.

Pour into loaf pan and bake until done (test with a toothpick), about 40 minutes.

Cool slightly and remove from pan. Cool on a wire rack. Wrap and store in the refrigerator.

Serves 10. Each 2-3/4 ounces serving: 149 calories, 1g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 29mg sodium, 32g carbohydrate, 2g fiber, 16g sugars, 5g protein.© Food and Health Communications