

Bread-Cranberry Nut Bread

2 cups all purpose flour
1 ½ teaspoons baking powder
1 teaspoon ground cinnamon
½ teaspoon baking soda
½ teaspoon salt
1 ½ cups sugar
1 cup fresh orange juice
¼ cup vegetable oil
2 eggs
1 cup fresh cranberries
1 cup chopped walnuts or pecans
1 tablespoon grated orange peel

Glaze (optional):

1 cup 10x powdered sugar
1 tablespoon milk

1. Preheat oven to 350 degrees. Grease loaf pan, sprinkle inside of pans evenly with flour, tap out any excess.
2. Combine the 2 cups flour, baking powder, cinnamon, baking soda and salt in a large bowl.
3. Combine sugar, orange juice, vegetable oil and eggs in second bowl. Stir into flour mixture, along with cranberries, nuts and rind until no traces of flour remain. Pour into prepared pan.
4. Bake in 350 degree oven for 50 minutes or until wooden pick inserted in center comes out clean(if tops brown too quickly, cover with aluminum foil). Transfer pans to wire racks to cool for 10 minutes. Turn cakes out onto racks to cool completely.
5. Prepare glaze if using: Combine sugar and milk in small bowl until good drizzling consistency. Drizzle over top of loaf.

Per slice: 151 calories, 3 g protein, 6 g fat, 23 g carbohydrate, 107 mg sodium, 18 mg cholesterol.

Exchanges: ½ starch/bread, ¼ meat, 1 fruit, 1 fat.