

# Nutrition Education

## Cranberry Orange Loaf

### Ingredients:

2 cups all-purpose flour or whole wheat pastry flour	1 ½ cups fresh cranberries
1 ½ teaspoons baking powder	¼ cup margarine, softened
½ teaspoon baking soda	1 cup white sugar
½ teaspoon salt	1 egg
1 tablespoon grated orange zest	¾ cup orange juice

### Directions:

1. Preheat the oven to 350 degrees. Grease and flour a 9x5 inch loaf pan. Whisk together flour, baking powder, baking soda and salt. Stir in orange zest and cranberries. Set aside.
2. In a large bowl, cream together margarine, sugar and egg until smooth. Stir in orange juice. Beat in flour mixture until just moistened. Pour into prepared pan.
3. Bake for 1 hour or until the bread springs back when lightly touched. Let stand 10 minutes, then turn out onto a wire rack to cool.

