

APRIL IS NATIONAL SOYFOODS MONTH

Cranberry Nut Bread

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

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|------------------------------|--|
| 3 1/2 cups all-purpose flour | 2 eggs |
| 1/2 cup soy flour | 2 Tbsp freshly grated orange peel or 2 tsp. dried orange peel |
| 1 1/2 cups granulated sugar | 1 1/2 cups dried cranberries, or |
| 4 tsp baking powder | 3 cups fresh or frozen cranberries (do not thaw), coarsely chopped |
| 1 tsp salt | 1 cup chopped nuts |
| 1 1/2 cups orange juice | |
| 1/2 cup water | |
| 1/2 cup oil | |

Per serving (1 slice):

Calories:.....	232
Total fat:.....	9 g
Saturated fat:.....	1 g
Cholesterol:.....	20 mg
Sodium:.....	170 mg
Carbohydrate:.....	35 g
Protein:.....	4 g
Soy Protein:.....	3 g
Dietary Fiber:.....	2 g

The zesty combination of cranberry and orange flavors makes this quick bread unusually good.

Preheat the oven to 325°F. Coat two 9" x 5" loaf pans with cooking spray. In a large bowl, mix together the all-purpose flour, soy flour, sugar, baking powder, and salt. Set aside. Mix the orange juice, water, oil, eggs, and orange peel in a large bowl. Add the dry ingredients and mix until just blended. Fold in the cranberries and nuts. Pour the batter into the prepared pans. Bake for 55 to 65 minutes, until a toothpick inserted in the center comes out clean. Let the bread cool for 10 minutes in the pans, then turn out onto a wire rack to cool completely.

Makes 2 loaves of 12 slices each

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