November 15- Cranberry Bread  
Not Smart Snack  

**Recipe**  
*Ingredients:*  
1 1/3 cup all-purpose flour  
1 1/3 cup whole-wheat flour  
1 scoop vanilla protein powder  
1 Tablespoon baking powder  
1 teaspoon salt  
3/4 cup sugar  
2 eggs  
2 Tablespoon butter, melted  
2 Tablespoon unsweetened applesauce  
1 1/2 cup non-fat milk  
1 teaspoon vanilla  
1 1/2 cup cranberries

*Directions:*  
1. Combine flours, protein powder, baking powder, salt and sugar in mixing bowl. Make a well in the center of the dry ingredients.  
2. Combine eggs, butter, applesauce, milk and vanilla in separate bowl; stir until well mixed.  
3. Combine dry egg mixture with dry ingredients. Fold in cranberries and stir batter well.  
4. Pour into 2 8” x 4” oiled loaf pans and bake for 45 minutes at 350°F.

Yields 16 servings

**Nutrition Facts**  
Serving Size 1 slice (76.48g)  
Servings Per Container 16

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 150</th>
<th>Calories from Fat 25%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>6%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
<td>11%</td>
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<tr>
<td>Sodium</td>
<td>290mg</td>
<td>12%</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>7%</td>
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<tr>
<td>Sugars</td>
<td>11g</td>
<td>11%</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td>11%</td>
</tr>
</tbody>
</table>

Vitamin A 2%  
Vitamin C 2%  
Calcium 10%  
Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.*