



November 15- Cranberry Bread

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1187052>

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	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 290mg	12%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	7%
Sugars 11g	
Protein 5g	11%
Vitamin A 2%	Vitamin C 2%
Calcium 10%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	