



Orange Cranberry Quick Bread

Want a new tasty grain option for breakfast? Try this whole grain-rich quick bread that is full of orange flavor and cranberries.

Ages: 3–18 years
Makes: 6 servings

Prep time: 15 minutes
Cook time: 55 minutes

the INGREDIENTS

Nonstick cooking spray

1 1/3 cup (5 oz) cranberries, frozen, unsweetened or fresh

1/3 cup sugar, granulated

1 cup flour, whole-wheat

1/4 tsp baking powder

1/4 tsp baking soda

1/8 tsp, salt, table

1 egg, fresh, large, whole

1/3 cup applesauce, unsweetened

1 tsp orange extract

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 350 °F.
3. Spray a loaf pan (8 1/2" x 4 1/2" x 1 1/2") with nonstick cooking spray.
4. In a small bowl, combine cranberries and 2 Tbsp sugar. Toss and set aside.
5. In a medium bowl, combine flour, remaining sugar, baking powder, baking soda, and salt. Whisk to mix well.
6. In a separate small bowl, combine eggs, applesauce, and orange extract. Whisk until well-blended. Wash hands after touching uncooked eggs.
7. Add wet ingredients to the dry ingredients and mix. Do not over-mix.
8. With a rubber spatula, fold the coated cranberries into the dough.
9. Pour dough into loaf pan and bake for 50–55 minutes.
10. Cut pan into 6 even pieces.
11. Serve 1 piece.



the

NUTRITION INFORMATION

1 piece Orange Cranberry Quick Bread

Nutrients	Amount
Calories	149
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	27 mg
Sodium	131 mg
Total Carbohydrate	31 g
Dietary Fiber	3 g
Total Sugars	15 g
Includes Added Sugars	N/A
Protein	4 g
Vitamin D	N/A
Calcium	26 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the

CACFP CREDITING INFORMATION

1/8 cup fruit
1 1/4 oz eq grains 

the

CHEF TIPS

- **Contains eggs and wheat (flour).**
- To verify bread is done, insert a wooden toothpick into the center of the bread. If wet batter sticks to the toothpick, the bread needs more baking time.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

