

## **CRANBERRIES**

**It's cranberry season once again!**

**The tart, sweet fruit is harvested and available October through January.**

**Cranberries are most often consumed as juice, but fresh and frozen cranberries are an easy addition to quick breads & muffins, made into a cranberry applesauce, or added to a stuffing mix. Dried cranberries can sweeten your oatmeal in the morning, be tossed into a green or grain salad for lunch, added to a trail mix for a snack, or cooked alongside glazed carrots for a delicious side dish at dinner.**

**Rich in soluble fiber, Vitamins C, E, K, manganese and copper, cranberries are associated with several health benefits. The unique content of phytochemicals and various antioxidants in cranberries may help reduce the risk of urinary tract infections (UTI's), are beneficial for heart health, and may even reduce the risk of colon cancer.**



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### **TRY THIS EASY CRANBERRY NUT BREAD!!**

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Sift together 2 cups of flour, ½ tsp. salt, 1 ½ tsp. baking powder, ½ tsp. baking soda, 1 c. sugar & 1 T. of orange zest.

In a separate bowl combine 2 TBSP. canola oil, juice from a medium size orange (or use 2 oz. of orange juice). Add enough water to make a combined ¾ cup liquid with the juice.

Stir wet ingredients into the dry. Add a beaten egg (or equivalent egg replacer). Stir in 1 c. raw or frozen cranberries and 1 c. chopped pecan or walnut pieces.

Pour batter into a greased loaf pan. Bake at 350 F for 1 hour. Cool 30 minutes before removing from pan.