

Cranberry Banana Nut Bread

This unique pairing of cranberries and bananas works like a charm! It's great warm from the oven or served the next day with a little vanilla yogurt.

Preparation Time: 10 min.

Cooking Time: 45-55 min.

Servings: Makes 1 loaf, 12 slices

Ingredients:

Amount	Ingredient	Cost – date:
1 Cup (250 mL)	All-Purpose flour	
3/4 Cup (175 mL)	Whole Wheat Flour	
1 tsp (5 mL)	Baking Powder	
1 tsp (5 mL)	Baking Soda	
1/4 tsp (1 mL)	Salt	
3/4 Cup (175 mL)	Granulated Sugar (or less)	
1/2 Cup (125 mL)	Margarine (non-hydrogenated) or vegetable oil	
1	Egg	
1 tsp (5 mL)	Vanilla Extract	
1 Cup (250 mL)	Ripe Bananas, mashed	
1/2 Cup (125 mL)	Low-Fat Plain Yogurt	
3/4 Cup (175 mL)	Dried Cranberries	
1/2 Cup (125 mL)	Sliced Almonds, chopped (optional)	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Preheat oven to 350°F (180°C). Lightly grease & flour a 9- by 5-inch (23 by 12.5 cm) metal loaf pan.
2. In a bowl, combine all-purpose flour, whole wheat flour, baking powder, baking soda and salt.
3. In a large bowl, using an electric mixer on high speed, beat sugar and margarine until light and fluffy. Beat in egg and vanilla. Stir in bananas and yogurt until well blended. Add flour mixture and beat on low speed until just combined. Stir in dried cranberries and almonds.
4. Pour batter into prepared pan. Bake in preheated oven for 45 to 55 minutes or until a tester inserted in the centre comes out clean. Let cool in pan on a wire rack for 10 minutes, then transfer to rack to cool until just warm or let cool completely.

SOURCE: <https://www.cookspiration.com>

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!