

# Cranberry Apple Banana Bread

**Recipe makes:** 12 servings (1 slice per serving)

**Preparation time:** 20 minutes

**Cook time:** 1 hour

**Equipment:** one oven, one 23\*13 cm (9\*5-inch loaf pan), parchment paper (optional), one set of measuring cups, one set of measuring spoons, one medium mixing bowl, one large mixing bowl, one spoon, one hand mixer or spoon, one rubber spatula, one pair of oven mitts, one cooling rack or large plate, one butter knife, one serrated knife

## What you need to make this recipe:

- ✓ 2 ½ cups of self-rising flour\*
- ✓ ½ cup sugar
- ✓ 2 tablespoons vegetable oil
- ✓ ¾ cup skim milk
- ✓ ½ cup unsweetened apple sauce
- ✓ 2 eggs, beaten
- ✓ 1 medium banana, peeled and mashed
- ✓ 1 cup dried cranberries
- ✓ 1 medium apple, peeled, cored, and chopped

\*See “About this recipe” section for how to make self-rising flour.

## How to make Cranberry Apple Banana Bread:

1. Preheat the oven to 175°C (350°F).
2. Prepare the loaf pan:  
Option 1: Lightly grease the pan with cooking spray.  
Option 2: Lightly grease the pan with butter using parchment paper.
3. Put the flour and sugar in a medium mixing bowl. Stir together using a spoon.
4. Put the oil, milk, apple sauce, eggs, and banana in a large mixing bowl. Stir together using a spoon.
5. Add the flour mixture to the oil mixture. Using a hand mixer or spoon, mix until fully combined.
6. Add the dried cranberries and chopped apple to the batter. Using rubber spatula, fold the apples and cranberries into the batter.
7. Pour the batter into the prepared loaf pan.
8. Bake for 1 hour or until a toothpick inserted in the centre of the loaf comes out clean.
9. Cool the bread in the pan for 10 to 15 minutes.
10. Take the bread out of the pan by running a butter knife between the sides of the loaf and the wall of the pan. Gently lift the loaf out of the pan.
11. Put the bread on a cooling rack or large plate to finish cooling.
12. Using a serrated knife, slice the bread into 12 pieces.

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Nutrition Facts	
Per 1 serving (1 slice )	
Calories	% Daily Value*
<b>190</b>	
<b>Fat</b> 3 g	4 %
Saturated 0.4 g	3 %
+ Trans 0.1 g	
<b>Carbohydrate</b> 35 g	
Fibre 2 g	7 %
Sugars 13 g	13 %
<b>Protein</b> 4 g	
<b>Cholesterol</b> 30 mg	
<b>Sodium</b> 330 mg	14 %
Calcium 100 mg	8 %
Iron 1.25 mg	7 %
Vitamin A 40 µg	4 %
Vitamin C 4 mg	4 %
5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
<b>Nova Scotia School Food and Beverage Standard:</b> Maximum	

## Allergy information:

Contains wheat, gluten, milk, and eggs.

## About this recipe:

To make your own self-rising flour, follow the steps below.

Step 1: Put 2 ½ cups all-purpose flour, 3 ¾ teaspoons baking powder, and 1 ¼ teaspoon salt in a bowl.

Step 2: Using a spoon, stir together until combined.

## Substitutions:

To make this recipe milk-free, use a milk alternative like unsweetened soy beverage.

## Storage information:

The Cranberry Apple Banana Bread can be stored in an airtight container in the fridge for up to 4 days and in the freezer for up to 3 months.



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