

Apple-Cranberry Bread

We made this bread for Karen Boyes for the Habits of Mind training in week 1, term 3. By popular demand I thought I should post it here. Enjoy!

Source: <http://www.thistlewoodfarms.com/apple-walnut-cranberry-bread>

Ingredients:

- 2 eggs
- 3/4 cup sugar
- 2 tablespoons canola or vegetable oil
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups chopped, peeled tart apples
- 1 cup fresh or frozen cranberries
- 1/2 cup chopped walnuts

Directions:

- (1) In a mixing bowl, beat the eggs, sugar and oil.
- (2) Combine the flour, baking powder, cinnamon, baking soda and salt; add to egg mixture just until combined (batter will be very thick).
- (3) Stir in the apples, cranberries and walnuts.
- (4) Transfer to an 8-in. x 4-in. x 2-in. loaf pan coated with nonstick cooking spray. Bake at 350 degrees F for 60-65 minutes or until a toothpick inserted near the center comes out clean.
- (5) Cool for 10 minutes before removing from pan to a wire rack to cool completely.

Notes

I used less sugar and replaced some with honey (about 1/2 a cup in all). Also my favourite version so far I used **frozen blueberries** instead – gorgeous. Adding 1/2 a teaspoon of freshly grated nutmeg is also nice.