

RECIPE OF THE WEEK | Cranberry Corn Bread

A hearty combination of cornbread and cranberry bread, this delicious bread could be a dessert, snack, or a side for any meal.

Makes 2 loaves

Ingredients

1 6-ounce can orange juice concentrate, thawed
1 tablespoon lemon juice
2 cups whole-wheat pastry flour
1 cup cornmeal
2 teaspoons baking soda
1/2 teaspoon salt
3/4 cup brown rice syrup, or similar liquid sweetener
1/2 cup chopped walnuts (optional)
3 cups fresh cranberries (1 12-ounce bag)
1 vegetable oil spray

Directions

Pour orange juice concentrate into a measuring cup that holds 2 cups or more. Add lemon juice and enough water to make 1 1/2 cups.

In a large bowl, stir together flour, cornmeal, baking soda, and salt. Add orange juice mixture and corn syrup. Stir to mix, then stir in walnuts, if using, and cranberries. Do not overmix.

Spoon into two nonstick or vegetable oil sprayed loaf pans and bake for 1 hour at 350 F. Let stand 5 minutes, then remove from pan and cool on a rack.

Per slice (1/12 of loaf, with nuts): 118 calories; 1.9 g fat; 0.2 g saturated fat; 14.7% calories from fat; 0 mg cholesterol; 2.5 g protein; 24.4 g carbohydrates; 7.3 g sugar; 2.2 g fiber; 162 mg sodium; 11 mg calcium; 0.8 mg iron; 11.5 mg vitamin C; 15 mcg Beta Carotene; 0.3 mg vitamin E

Per slice (1/12 of loaf, without nuts): 102 calories; 0.3 g fat; 0.1 g saturated fat; 3% calories from fat; 0 mg cholesterol; 2.1 g protein; 24.1 g carbohydrates; 7.3 g sugar; 2.1 g fiber; 162 mg sodium; 8 mg calcium; 0.7 mg iron; 11.5 mg vitamin C; 15 mcg Beta Carotene; 0.3 mg vitamin E

Source: [Turn Off the Fat Genes](#) by Neal D. Barnard, M.D.; recipe by Jennifer Raymond M.S., R.D.

Please feel free to tailor PCRM recipes to suit your individual dietary needs.