

# CranBerry Orange Walnut Bread

This festive loaf makes a perfect gift for a teacher or neighbor, or just the right take-along for a potluck. Wrap it in a brand-new dish towel, in clear cellophane and ribbon, or in butcher paper with white string. It will be delicious no matter what.



"Cranberries are one of the Commonwealth's most important crops, and a terrific source of Vitamin C to keep you healthy."

Deval Patrick  
Governor of Massachusetts

■ ADULT: YES ■ HANDS-ON TIME: 20 MINUTES ■ TOTAL TIME: 1 HOUR 20 MINUTES ■ MAKES: 12 SERVINGS



**WASH** your hands with soap and water and dry them.

**CLEAN** the counter top.

**GATHER** all your kitchen gear and ingredients and put them on the counter.

**SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.

**PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

## KITCHEN GEAR

2 (8- x 4-inch) metal or glass loaf pans  
Measuring cup  
Measuring spoons  
Large mixing bowl  
Whisk  
Grater  
Large spoon  
Small mixing bowl  
Electric mixer (if you have one)  
Potholders  
Toothpick  
Cooling rack

## INGREDIENTS

Cooking spray  
1½ cups all-purpose white flour  
1 cup whole-wheat flour  
1½ cups light brown sugar  
2½ teaspoons baking powder  
¼ teaspoon ground ginger  
1 teaspoon ground cinnamon  
½ teaspoon salt  
1 stick (8 tablespoons) unsalted butter, melted and cooled, or ½ cup canola oil  
Grated zest of 2 well-washed oranges  
2 large eggs  
½ cup plain Greek or regular yogurt (or buttermilk)  
1 (12-ounce) bag cranberries (about 2½ cups) fresh or frozen  
1½ cups toasted walnuts, coarsely chopped

## INSTRUCTIONS

1. Turn the oven on and set it to 350 degrees. Spray the loaf pans with cooking spray (or grease them with oil).
2. Put the flours, sugar, baking powder, ginger, cinnamon, and salt in the large bowl and use the whisk to mix it well.
3. Put the butter or oil and orange zest in the small bowl and use the mixer or a spoon to combine until well blended. Add the eggs and yogurt and mix well.
4. Pour the wet ingredients into the dry ingredients and mix until just moistened, then scrape down the sides of the bowl and gently stir in the cranberries and walnuts.
5. Pour the batter into the prepared pans. Put the pans in the oven and bake until a toothpick, when you stick it into the loaf, comes out clean with no batter on it, about 45 minutes.
6. Set the loaves aside to cool in the pans for 5 minutes, then turn the loaves out onto the cooling rack and let them cool completely. Leave at room temperature for up to 3 days.

## Safety Tip

Get an adult's permission, and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.





BECAUSE IT'S SO HIGH IN  
ANTIOXIDANTS—WHICH  
ARE HEALTH-BOOSTING  
NUTRIENTS—THE  
**CRANBERRY**  
HAS BEEN CALLED A  
"SUPERFRUIT."

**DID  
YOU  
KNOW?**

The cranberry is one of only three **native American** fruits. (Concord grape and blueberry are the other two.)

Undamaged cranberry vines can produce fruit for a long time. Some vines in Massachusetts are over **150 years old!**



**Mann Farms**, located in Buzzards Bay in Plymouth County, is owned and operated by Keith Mann, a 4th-generation cranberry farmer, and his wife Monnika. Keith features both organic and inorganic cranberries, and has pioneered innovative technology that spans automated temperature control, filters, and renewable energy. Always looking for new ideas to improve his farm, Keith is currently propagating a new variety of cranberry and has begun promoting his own brand of organic cranberries.

**Keith Mann**



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