PUMPKIN-APPLE CRANBERRY BREAD

Vince Blancato
ACF Tampa Bay Culinary Association, Inc.

SERVINGS PER RECIPE: 24
SERVING SIZE: 1 slice

Ingredients:
- 2 Granny Smith apples
- ¾ cup vegetable oil
- 2 ½ cups sugar
- 4 eggs
- 1 15-ounce can, pumpkin
- 3 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 1 cup dried cranberries

Directions:
1. Wash, peel, core, and chop apples.
2. In a large mixing bowl, beat oil, sugar, eggs and pumpkin until well blended.
3. Sift flour, baking soda, cinnamon, cloves, ginger, and salt into a separate bowl or onto a sheet of foil. Stir into pumpkin mixture.
4. Stir in apples and cranberries.
5. Pour into a greased or sprayed 9"x5" loaf pan.
6. Bake at 350 degrees for 45 minutes or until a toothpick inserted center comes out clean.
7. Cool on rack before removing from pan and slicing.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (87g)</th>
<th>Calories 180</th>
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</thead>
<tbody>
<tr>
<td>Serving Per Container</td>
<td>Fat Cal. 10</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount/serving</th>
<th>%DV*</th>
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<tbody>
<tr>
<td>Total Fat 1g</td>
<td>2%</td>
</tr>
<tr>
<td>Sat. Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
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<tr>
<td>Cholesterol 35mg</td>
<td>12%</td>
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<tr>
<td>Sodium 120mg</td>
<td>5%</td>
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*Percent Daily Values (DV) are based on a 2,000 calorie diet.

- Vitamin A 60% • Vitamin C 2% • Calcium 2% • Iron 6%