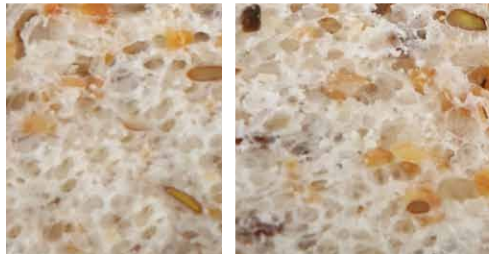


# CHEF & CHILD FOUNDATION RECIPE COLLECTION

## 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.

*Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit [www.acfchefs.org](http://www.acfchefs.org).*

### Nutrition Facts

Serving Size (87g)  
Servings Per Container  
**Calories 180**  
Fat Cal. 10

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 1g	<b>2%</b>	<b>Total Carb</b> 42g	<b>14%</b>
Sat. Fat 0g	<b>0%</b>	Fiber 2g	<b>8%</b>
Trans Fat 0g		Sugars 27g	
<b>Cholest.</b> 35mg	<b>12%</b>	<b>Protein</b> 3g	
<b>Sodium</b> 120mg	<b>5%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 60% • Vitamin C 2% • Calcium 2% • Iron 6%			



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