

Apple Cranberry Bread

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Adapted from Quick Cooking Magazine Nov 2002

Serves: 16 slices

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:619bd71d5d7612657b1d2a03>

- 2 eggs
- 3/4 cup zero calorie sugar replacement (1:1 ratio) I use Lakanto Monkfruit
- 2 Tbsp unsweetened applesauce
- 1 ½ cups all purpose flour
- 1 ½ tsp baking powder
- ½ tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp salt
- 2 cups apples – peeled and chopped
- 1 cup cranberries – chopped coarse or quartered
- ½ cup chopped walnuts

1. Preheat oven to 350°
2. In a mixing bowl, beat the eggs, sugar and applesauce
3. In a medium bowl, combine the flour, baking powder,

baking soda, cinnamon and salt; add to egg mixture just until combined (batter will be thick)

4. Stir in the apples, nuts and cranberries.
5. Pour batter into an 8x4x2 inch loaf pan that has been sprayed with non stick spray. Bake at 350 for 50-60 minutes or until a toothpick inserted near the center comes out clean.
6. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
7. Cut into 16 slices.

Bread

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apples, cranberry