

The Power of Cranberries + Cranberry Quick Bread Recipe

Cranberries might be small but they sure are mighty in taste and nutrient power. These little red fruits that grow on vines in a bog are often forgotten about in the berry family, although cranberries are related to blueberries. Yet they possess serious health superpowers.

One cup of raw cranberries provides 4 grams of dietary fiber and one-quarter of vitamin C needs in less than a 50-calorie package. Plus, cranberries are rich in vitamins A and K, potassium and antioxidants. In fact, cranberries contain more antioxidants than many other fruits. Together these nutrients provide the **following health benefits:**

- Help lower blood pressure
- Support healthy eyesight
- Help reduce the risk of heart disease
- Promote healthy gums
- Boost gut health by promoting beneficial bacteria
- Help lower chronic inflammation

Those are some seriously potent powers, right?! And in honor of today being [National Eat A Cranberry Day](#), I'm sharing my recipe for one of my favorite fall breads, [Cranberry Quick Bread with Orange and Ginger](#). Well, one of my favorite breads period. But, it is fall flavors at its finest. I love making this the week of Thanksgiving. Plus, it's a perfect way to use up that open bag of fresh or frozen cranberries.





Each bite of this bread is bursting with tart cranberries and sweet orange and ginger flavors. Plus, it's a little like a bread hug. And, couldn't we all use a little more love and sweetness this holiday season?

Wishing you all a healthy, safe and tasty Thanksgiving!

Cranberry Quick Bread with Orange

and Ginger



Bread

- 1 cup whole wheat flour
- 1.25 cups oats
- 0.5 cup granulated sugar
- 2 teaspoons ground flax seeds
- 1.5 teaspoons baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon kosher salt
- 0.25 teaspoon ground ginger
- 4 tablespoons butter
- Zest from 1 orange
- 0.75 cups freshly squeezed orange juice, divided ((reserve 1/2 teaspoon for frosting))
- 1 each egg
- 0.25 cup candied ginger
- 1 cup cranberries (fresh or frozen)

Frosting

- 0.5 cup confectioner's sugar
- 2 tablespoons orange juice
- Reserved orange zest

1. Preheat oven to 350-F degrees. Lightly oil or grease 9"x5" loaf pan.

2. To make oat flour, grind oats in blender or food processor until finely ground. Set aside.
3. In a medium bowl, whisk together wheat flour, oat flour, sugar, flax seeds, baking powder, baking soda, salt and ground ginger. Cut margarine or butter into dry ingredients until slightly crumbly. Add orange zest, orange juice and egg. Mix until just combined. Fold in candied ginger and cranberries.
4. Add mixture to loaf pan and bake for 45 minutes, or until cooked through. Cool pan on cooling rack.
5. While loaf is cooling, mix the powdered sugar, orange juice and orange zest in a small bowl. Keep adding powdered sugar or orange juice as needed to make frosting that is pour-able but not too thin.
6. When loaf is cool, turn over onto cooling rack or plate. Drizzle frosting on top of loaf.

PLEASE SHARE: Let us know if you try this bread. We'd love to hear from you!