

Flax Orange Cranberry Loaf

1 1/3	cups	all purpose flour, sifted	330	mL
2/3	cup	milled flax	160	mL
2 1/2	tsp.	baking powder	12	mL
1/2	tsp.	salt	2	mL
1/3	cup	white sugar	80	mL
2	tbsp.	brown sugar	30	mL
1		egg	1	
3/4	cup	fat free yogourt	180	mL
1/2	cup	skim milk	125	mL
1/4	cup	orange juice	60	mL
1	tbsp.	orange zest	15	mL
1/2	cup	cranraisins	125	mL
1/3	cup	pecans (optional), crushed	80	mL

- Preheat oven to 350° F (180° C).
- Combine flour, milled flax, baking powder and salt; mix well and set aside.
- In a separate bowl, beat together white sugar, brown sugar and egg until both sugars are dissolved.
- Add yogourt, skim milk, orange juice and orange zest into sugar and egg mixture; mix well.
- Add dry ingredients and fold until moistened.
- Add cranraisins and pecans; again fold in.
- Turn batter into 4 1/2 x 8 1/2 inch (11.5 cm x 21.5 cm) loaf pan that has been sprayed with a non-stick vegetable spray.
- Level out batter.
- Bake for 55 minutes or until inserted toothpick comes out clean.
- Remove from oven.
- Cool on wire rack for 5 minutes. Remove loaf from pan and cool to room temperature.

Yield: 1 loaf -14 slices 1/2 inch (1.27 cm) thick

Serving Size: 1 slice

Single Serving Nutrient Values

Calories	164.1
Protein	4.41 gm
Carbohydrate	26.03 gm
Fat	4.96 gm
Cholesterol	14.35 mg
Saturated Fat	0.65 gm
Monounsaturated Fat	1.9 gm
Polyunsaturated Fat	2.09 gm
Dietary Fibre	2.8 gm
Sodium	195.7 mg
Potassium	132.8 mg