

Squash and Cranberry Bread



Preparation time	20 minutes
Cooking time	70 minutes
Servings	10 slices
Cost per serving	60¢
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, strainer, medium-size bowl, 9 x 5-inch bread pan, parchment paper (or oil), 2 large bowls, fork, spatula.

Ingredients



250 ml (1 cup)
mashed squash

WATCH OUR VIDEO ON HOW TO COOK SQUASH.



375 ml (1½ cups)
whole wheat flour



250 ml (1 cup) **quick cooking rolled oats**



10 ml (2 tsp)
baking powder



2.5 ml (½ tsp)
baking soda



125 ml (½ cup) softened
butter or non-hydrogenated
margarine



250 ml (1 cup)
brown sugar



2 **eggs**



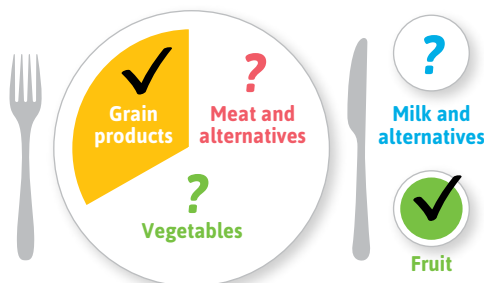
80 ml (1/3 cup)
milk

VARIATION: YOU CAN ALSO USE OTHER FROZEN FRUIT INSTEAD OF CRANBERRIES, (RASPBERRIES OR BLUEBERRIES, FOR EXAMPLE).



250 ml (1 cup) **frozen cranberries**, coarsely chopped












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Balanced plate

✓ Delicious with a glass of milk or fortified soy beverage

Directions

1	Place oven rack in the middle position and preheat the oven to 180°C (350°F). Oil a 9 x 5-inch bread pan or line with parchment paper.	  180°C (350°F)
2	Put the mashed squash in a strainer over a medium-size bowl and let drain for a few minutes.	
3	In a large bowl, combine the flour, rolled oats, baking powder and baking soda .	
4	In another large bowl, mix the butter and brown sugar with a fork.	
5	Add the eggs, milk and mashed squash .	
6	Add the dry ingredients and mix with a spatula.	
7	Stir in the chopped cranberries.	 
8	Pour the mixture into the pan and bake for about 1 hour and 10 minutes, or until a toothpick inserted in the centre of the bread comes out clean. Let cool before slicing.	 

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition