

# *Carrot Cranberry Bread*

## **Ingredients:**

1.5 c. bran cereal

1 (14oz) can carrots, drained

1/2 c. buttermilk

1/3 c. lemon juice

1 tsp. grated lemon peel

1/4 c. vegetable oil

2 eggs

3/4 c. sugar

2.5 c. Ultragrain flour

2 tsp. baking powder

1/2 tsp. baking soda

2 tsp. pumpkin pie spice

1/4 tsp

1 c. dried or fresh cranberries, chopped



## **Directions:**

Preheat oven to 350°F. Spray bottom of a 9"x5" loaf pan with nonstick cooking spray. Process cereal in a food processor or blender until finely ground. Set aside. In a large mixing bowl, mash carrots. Stir in buttermilk, lemon juice, lemon peel, vegetable oil, eggs and sugar until well blended. Stir in flour, baking powder, baking soda, pumpkin pie spice and salt. Mix until dry ingredients are moistened. Add cereal and cranberries, stir until blended. Put batter into loaf pan and bake for 55-60 minutes, until a toothpick inserted in center comes out clean. Cool 10-15 minutes in pan before removing. Let cool completely before cutting.

*Nutritional info for one slice: 178 calories, 4g protein, 33.25g carbs, 4.4g fat, 24mg cholesterol, 193.5mg sodium, 4.5g fiber, 1.8 mg iron*

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## ***Kiddie S'mores Brownies***

### **Ingredients:**

- 1 box family size brownie mix (fits 13" x 9" pan)
- Required ingredients listed on package
- 1.5 packages graham crackers (10 sheets)
- 2 cups mini marshmallows



### **Directions:**

Prepare brownie mix as directed on package. Grease a 13"x9" baking pan and then line bottom with graham crackers. Pour brownie mix over graham crackers. Bake as directed on box, pulling out 5 minutes early. Break remaining graham crackers into small pieces and sprinkle on brownies with mini marshmallows. Return to oven and bake for final 5 minutes. Remove and cool before cutting. *Note: Add chopped Rolo candy pieces to the initial batter for a caramel twist to the S'mores Brownies.*

*Makes 20 bars. Serving size: 1 bar. Nutritional info for one serving: 215 calories, 10g fat, 20 mg cholesterol, 125 mg sodium, 32.25g carbs, 1g fiber, 20.15g sugar, 1.5g protein*

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