



PREPARATION: 10 MINUTES

BAKING TIME: 75 MINUTES

12 SERVINGS

PINEAPPLE CRANBERRY LOAF

INGREDIENTS

- 2 large eggs
- 1 cup granulated sugar
- ½ cup canola oil
- ½ teaspoon vanilla extract
- 1½ cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- ½ cup crushed pineapple
- 1 cup frozen cranberries

PREPARATION

- 1 Preheat the oven to 350°F. Lightly coat a loaf pan with non-stick cooking spray.
- 2 In a large bowl, mix the eggs, sugar, canola oil and vanilla extract.
- 3 In a separate bowl, whisk together the flour, baking soda, ginger and cinnamon.
- 4 Add the dry ingredients to the egg mixture and stir until combined.
- 5 Fold in the crushed pineapple and frozen cranberries.
- 6 Transfer the batter to the prepared loaf pan.
- 7 Bake for 75 minutes, or until a toothpick inserted in the centre comes out clean.
- 8 Let cool in the pan before removing. Cover with foil and store at room temperature.

Nutrient Analysis	
Per serving: 1 slice	
Calories	236 Kcal
Protein	3 g
Carbohydrates	32 g
Fibre	1 g
Sugars	19 g
Total Fat	11 g
Saturated Fat	1 g
Cholesterol	31 mg
Sodium	118 mg
Potassium	45 mg
Phosphorus	32 mg

Suitable for

☒ CKD, not on dialysis

☒ Hemodialysis

☐ Kidney transplant*

☐ Diabetes**

* Not recommended because of the higher saturated fat content.

** Not recommended because of the higher sugar content.