

Cranberry Christmas Bread

This bread is so moist and delicious, it's hard to believe it's good for you!

What you'll need to make this scrumptious wholesome bread:

1/2 cup cultured buttermilk
1/4 cup filtered water
1 large egg
2 tbsp butter, melted
2 tbsp pure maple syrup
1 tsp baking powder
1/2 tsp baking soda



Recipe courtesy of The Nourishing Home.

Step One: Soaking

Dump contents of jar into a large ceramic (or glass) mixing bowl. Add the buttermilk and water. Cover the bowl and place it in a warm area of your kitchen for 12-24 hours. Get ready for something delicious tomorrow!

Step Two: Baking & Enjoying!

Once soaking time is completed, preheat oven to 350 degrees. Add the egg, melted butter, maple syrup, baking powder and baking soda to the soaked batter. Using a large wire whisk, fold the ingredients into the batter by pressing them into the batter and turning over the batter with the whisk, until all ingredients are thoroughly incorporated. *(The soaking process yields a very thick batter – don't worry, your patience and effort in mixing will be richly rewarded!)*

Place the batter into a well-oiled loaf pan. *(Coconut oil works great in keeping bread from sticking to the pan, but you can also use olive oil.)* Bake for approximately 30 minutes, until bread is a rich brown color and a toothpick inserted in the center comes out clean. Allow to cool for 5-10 minutes before serving. Enjoy!

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