

Ginger Orange Cake

Ingredients

Makes 10 servings

2 cups of **Gingerbread Mix**



1 cup **bran cereal**



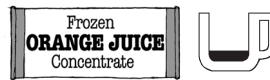
1 **egg**, slightly beaten



½ cup **1% milk**



¼ cup **orange juice concentrate**



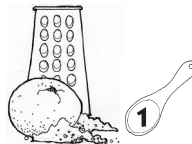
¼ cup **molasses**



¼ cup **vegetable oil**



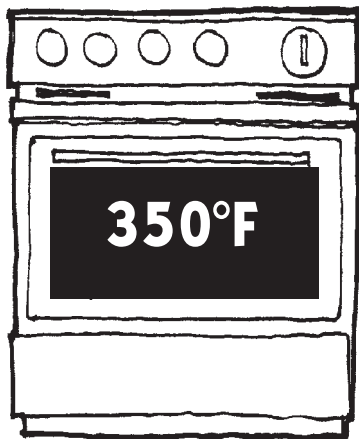
1 teaspoon **grated orange peel**



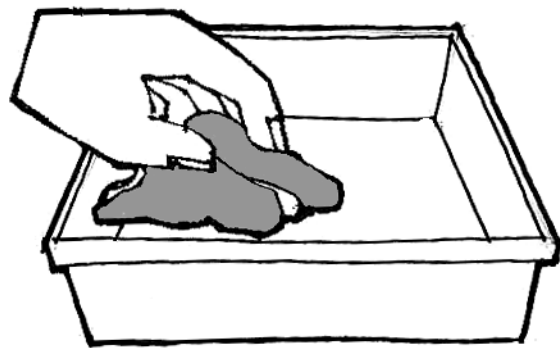
¼ cup **raisins**, optional



1 Preheat oven to 350°F.

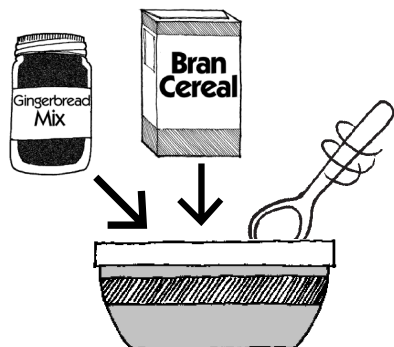


2 Grease a 9x5x3-inch cake pan.

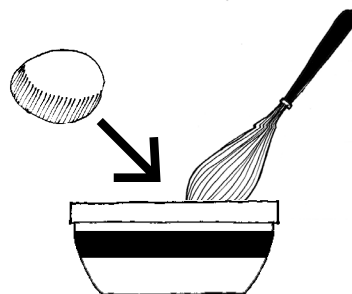


Ginger Orange Cake

3 Combine the Gingerbread Mix and bran cereal in a bowl.



4 Beat the egg slightly in another bowl.



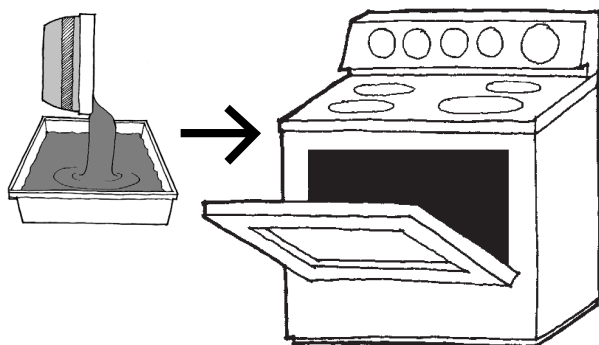
5 Add the beaten egg and the other ingredients into the gingerbread and cereal mixture.



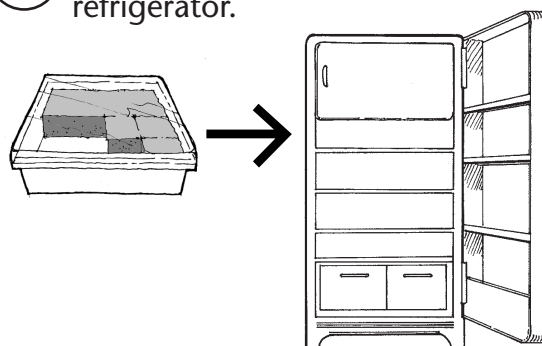
6 Stir only until combined.



7 Pour the mixture into the pan and bake for 20–25 minutes.



8 Store uneaten cake in the refrigerator.



Ginger Orange Cake gives us:

B
VITAMINS

Turns food into energy.



Builds red blood cells.

Pastel de Jengibre y Naranja

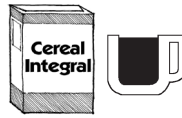
Ingredientes

Para 10 porciones

2 tazas de Mezcla para Masa de Jengibre



1 taza de cereal integral (bran)



1 huevo, batido un poco



½ taza de leche de 1%



¼ taza de jugo de naranja congelado



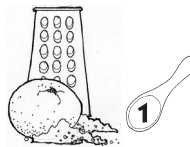
¼ taza de melaza



¼ taza de aceite vegetal



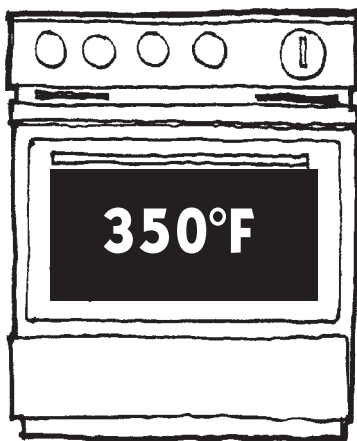
1 cucharadita de cáscara de naranja, rallada



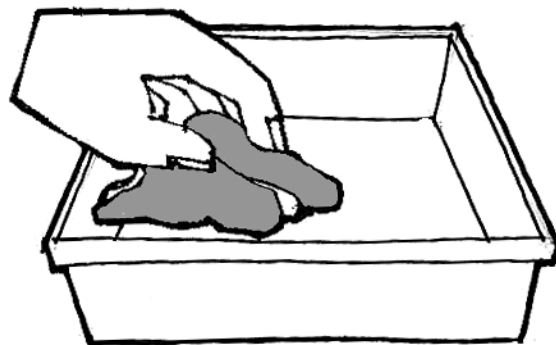
¼ taza de uvas pasas (opcional)



1 Caliente el horno a 350°F.

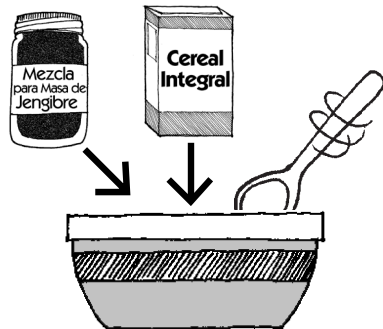


2 Engrase un molde de 9x5x3 pulgadas.

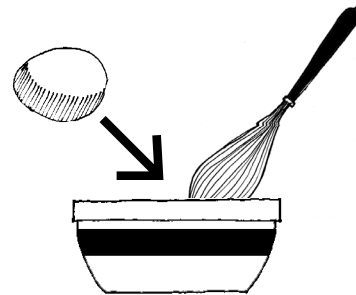


Pastel de Jengibre y Naranja

3 Combine la Mezcla para Masa de Jengibre y el cereal en un recipiente.



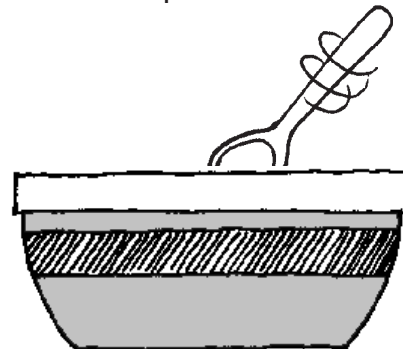
4 Bata el huevo un poco en otro recipiente.



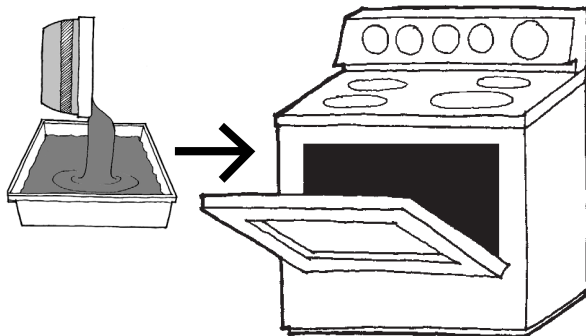
5 Añada el huevo batido y los otros ingredientes a la Mezcla para Masa de Jengibre y el cereal.



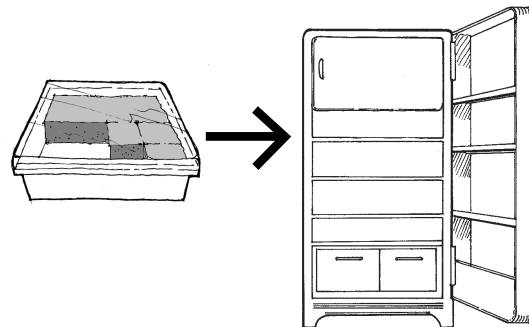
6 Mezcla esto un poco, hasta que esté mezclado pero no demasiado.



7 Ponga la mezcla en el molde y hornée por 20–25 minutos.



8 Guarde lo que no se coma en el refrigerador dentro de 2 horas.



El Pastel de Jengibre y Naranja nos da:

VITAMINAS B Convierten los alimentos en energía.



Produce los glóbulos rojos.