

Marie Saba

from my kitchen to yours

Healthier Apple Bread

Makes 1 loaf

Ingredients:

- 2 cups (140 g) all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon Kosher salt
- 1 Tablespoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 3/4 brown sugar, packed
- 2 large eggs
- 1/2 cup (118 ml) neutral oil
- 1/4 cup (60 ml) buttermilk
- 2 cups (260 g) diced apple



Topping: raw sugar and walnuts

Instructions:

1. Preheat oven to 350 F (176 C). Grease a 9x5x3-inch loaf pan with baking spray or butter.
2. In a medium bowl, mix together flour, baking soda, baking powder, salt, cinnamon, and nutmeg.
3. In a large bowl, whisk together brown sugar, eggs, oil and buttermilk.
4. Add dry ingredients to wet and mix just to combine. Fold in apples. Pour batter into loaf pan and sprinkle with raw sugar and chopped walnuts.
5. Bake for 65-70 minutes, or until toothpick inserted into the center comes out clean.

Variations:

For a gluten-free version, use 2 cups (140 g) gluten-free flour blend in place of all-purpose flour.

For a dairy-free version, use 1/4 cup (60 ml) dairy-free milk and a squeeze of lemon.

For a sweeter version, add an additional 1/4 cup brown sugar.

For a sugar-free version, use 3/4 cup brown sugar substitute in place of brown sugar.

For smaller loaves, use 7x3x2-inch loaf pans and bake at 350 F for 45-50 minutes.

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