

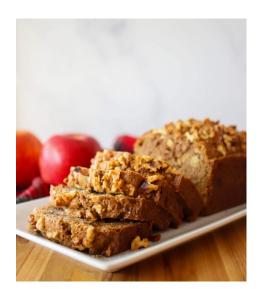
## **Healthier Apple Bread**

Makes 1 loaf

## **Ingredients:**

- 2 cups (280 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 cup 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 (280 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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