

Recipe of the Month – October 2020

Apple Cinnamon Bread

Serves 16

Serving Size: 1 slice

Cost per Serving: \$0.15

Ingredients:

- ½ cup white sugar
- 1 ¼ cup unsweetened applesauce
- ⅓ cup oil
- 2 eggs
- 1 cup all purpose white flour
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 apple, diced (*about 1 cup*)

Topping:

- 3 Tablespoons brown sugar
- ½ teaspoon cinnamon



Directions:

1. Preheat oven to 350°F. Spray a 9 x 5 inch loaf pan with nonstick cooking spray.
2. In a small bowl, stir together white sugar, applesauce, oil, and eggs until well combined.
3. In a large bowl, stir together flours, baking powder, and the 1 teaspoon of cinnamon.
4. Add liquid ingredients to dry ingredients. Stir together just until combined. Gently stir in diced apple.
5. Pour the batter into the loaf pan. Spread batter evenly through the pan.
6. In a small bowl, stir together the brown sugar and the ½ teaspoon of cinnamon. Sprinkle over the top of the batter.
7. Bake for 45-50 minutes until a tester inserted in the center of the loaf comes out clean.

Nutrition Facts per Serving: 150 calories, 6g total Fat (0.5g sat. fat), 25mg. Cholesterol, 40mg Sodium, 24g Carbohydrates, 2g Fiber, 12g Sugar, 3g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2020 Nutrition & Fitness Calendar*



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