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
½ 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.
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