

APPLE SPICE BREAD

American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7247&news_iv_ctrl=1124

Ingredients

- Cooking spray
- 2 medium Granny Smith apples (about 2 cups)
- 3 Tbsp fresh lemon juice
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 Tsp baking powder
- 1 ½ Tsp ground cinnamon
- ½ Tsp allspice
- ¼ Tsp salt
- ¾ cup packed light brown sugar
- 3 Tbsp canola oil
- 1 egg, lightly beaten
- 1 Tsp vanilla extract
- Pinch of nutmeg (optional)

Instructions

1. Preheat oven to 350 degrees. Coat 9-inch loaf pan with cooking spray. Peel and grate apples. Toss with lemon juice to prevent browning.
2. In large bowl, combine flours, baking powder, cinnamon, allspice and salt. Mix well. Make well in center and set aside.
3. In medium bowl, combine apples, brown sugar, canola oil, egg and vanilla. Mix well. Add mixture to dry ingredients and mix until just blended. Transfer batter to prepared pan.
4. Bake 1 hour, until wooden pick inserted near center come out almost clean (to preserve moistness). Cool in pan on wire rack, 10 minutes. Remove from pan and cool completely.

Makes 10 servings. Serving size: 1/10 of recipe+

Nutritional information per serving (10 servings)

Calories: 206

Total fat: 5g

Saturated fat: Less than 1g

Sodium: 170mg

Total carbohydrate: 38g

Dietary fiber: 2g

Protein: 4g



Wellness Center