



Apple Bread

Prep Time: 30 minutes

Cook Time: 1 hour

Cost per serving: \$0.13

What you need:

Utensils:

- Cutting board & knife
- 9 inch X 5 inch X 3 inch loaf pan
- 2 large bowls
- Measuring cups & spoons
- Mixing spoon

Ingredients:

- 2 eggs
- 2/3 cup sugar
- 1/4 cup applesauce, unsweetened
- 1/4 cup vegetable oil
- 1 teaspoon vanilla
- 1 cup whole wheat flour
- 1 cup all purpose flour
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 2 cups apples, chopped or grated

What to do:

1. Wash your hands and clean your cooking area.
2. Preheat oven to 350°F.
3. Beat eggs in a large bowl.
4. Add sugar, applesauce, oil and vanilla to eggs. Beat until smooth.
5. Sift flours, baking soda, baking powder, salt and cinnamon together in a large bowl.
6. Add dry ingredients and apples to the first mixture.
7. Mix all ingredients until blended.
8. Pour batter into a greased loaf pan.
9. Bake for 1 hour.



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Nutrition Facts

Serving Size 1 1/2 inch slice
Servings Per Container 16

Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 150mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 3g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%