

## Apple Cinnamon Bread

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September means apple season is here! My family and I go apple picking at least once, usually two or three times each Fall. We certainly love to eat the apples just as they are, yet finding creative ways to use them is also fun and delicious! Check out my popular apple cinnamon loaf recipe below. My kiddos are currently enjoying this recipe as a snack at school, and with a good source of both protein and fiber, they are fueled well until lunch time!

### **Ingredients:**

- 2 large apples (I really like using Honey crisp in this recipe), shredded - leave the peel on for more fiber or peel per your own preferences
- ½ cup packed light brown sugar
- 1 tablespoon ground cinnamon
- ¾ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- 2 teaspoons lemon juice
- 2 large eggs
- ½ cup plain 2% Greek Yogurt
- 6 tablespoons avocado oil
- 2 ½ cups whole wheat flour
- ½ C date sugar (which is just ground, dried dates)
- ⅛ teaspoon salt for apples and ½ teaspoon salt for dough
- 1 teaspoon baking powder

### **Directions:**

- Preheat the oven to 350 degrees Fahrenheit and grease a loaf baking pan with non-stick cooking spray

- In a medium-size mixing bowl, stir together the shredded apples, brown sugar,  $\frac{1}{8}$  teaspoon salt, ground cinnamon, nutmeg, cloves, and lemon juice until combined. Set aside for 5 minutes, or until dark brown and juicy.
- In a large mixing bowl, whisk together the eggs, Greek yogurt, date sugar, and avocado oil until smooth
- Add the flour, remaining  $\frac{1}{2}$  teaspoon salt, and baking powder to the egg mixture. Whisk until most of the flour is incorporated and the batter is thick.
- Add the shredded apples to the dough. Stir in vigorously until smooth
- Pour the batter into the prepared baking pan. Bake for 70-80 minutes or until a toothpick inserted into the center of the apple loaf comes out clean.
- Cool the bread in the pan on a cooling rack for 5 minutes. Turn the bread out onto the cooling rack and cool until room temperature. Enjoy!
- Personalize the recipe with fun add-ins like walnuts, chocolate chips, raisins, etc!



*Nutrition:* 160 calories, 6 g of fat, 1 g sat fat, 31 mg chol, 170 mg sodium, 30 g carb, 5 g fiber, 15 g sugar, 8 g protein