

Carrot Apple Bread

1 23x13x7-cm loaf

- 1 large egg
- 100 g brown sugar
- 78 ml liquid-state coconut oil (canola or vegetable may be substituted)
- ¼ C granulated sugar
- 71 g yogurt (Greek)
- 2 tsp vanilla extract
- 2 tsp cinnamon
- ½ tsp ground nutmeg
- 130 g all-purpose flour
- ½ tsp baking powder
- ½ tsp baking soda
- pinch salt, optional and to taste
- 73 g grated carrots (1 large peeled and trimmed)
- 180-200 g grated apples (1 medium unpeeled)



1. Preheat oven to **180°C**. Spray one 23x13x7-cm loaf pan with cooking spray and flour the pan; set aside.
2. In a large bowl, add the **first eight ingredients**, through nutmeg, and whisk to combine.
3. Add the **flour, baking powder, baking soda**, optional **salt**, and fold with spatula or stir gently with a spoon until just combined; don't overmix.
4. Add the **carrots, apples**, and fold gently to combine.
5. Turn batter (should be very thick) out into the prepared pan, smoothing the top lightly with a spatula.
6. **Bake for about 45 to 52 minutes** until the top is golden, the center is set, and a toothpick inserted in the center comes out clean, or with a few moist crumbs, but no batter.
7. Allow bread to **cool in pan for about 15 minutes** before turning out on a wire rack to cool completely before slicing and serving.

Tent the pan with foil draped loosely over it at the 35-minute mark if the tops and sides are becoming too browned before the center cooks through.