

Applesauce Bread

Makes 1 loaf (Makes 2 loaves)



Dry

- 195 g all-purpose flour (390 g)
- 65 g whole wheat flour (130 g)
- 1 tsp baking powder (2 tsp)
- 1 tsp baking soda (2 tsp)
- ¼ tsp kosher salt (½ tsp)
- 1 tsp ground cinnamon (2 tsp)
- 75 g currants, raisins or chopped nuts (150 g)

Wet

- 1 large egg, lightly beaten (2)
- 295 grams chunky or smooth applesauce (590 g) (4 med. apples = 600 g)
- 55 g vegetable, corn, canola, or safflower oil (110 g)
- 120 g plain yogurt (240 g)
- 105 g brown sugar (210 g)
- ½ tsp vanilla extract (1 tsp)

Dry

1. Preheat oven to **180C°**. Butter the bottom and sides of a loaf pan (23x13x7-cm).
2. In a large bowl, whisk together the **flours, baking powder, baking soda, salt, and ground cinnamon.**

Wet

3. Stir in the **currants or nuts.**
4. In another large bowl, combine the beaten **egg, applesauce, oil, yogurt, sugar, and vanilla.**
5. With a rubber spatula or wooden spoon, lightly fold the wet ingredients into the dry ingredients just until all the ingredients are combined and moistened (**do not over mix or the bread will be tough**). Scrape the batter into the prepared pan, smoothing the top with the back of a spoon.
(Optional garnish: sprinkle the top of the bread with 2-3 T of rolled oats or chopped nuts.)
6. Bake for **about 45 to 55 minutes**, or until the bread is golden brown and a toothpick inserted in the center comes out clean.
7. Remove from oven and place on a wire rack. Let **cool about 10 minutes** before removing from pan.