



Apple Bread



Ingredients



- 3 cups whole wheat flour
- 1 tsp baking soda
- 1 tsp salt
- 1 cup chopped walnuts (optional)
- 3 cups apples (peeled, cored, and chopped)
- 1 cup vegetable oil
- 2 cups sugar
- 3 eggs, beaten
- 2 tsp ground cinnamon

Directions



1. Preheat oven to 300 F. Prepare two loaf pans with cooking spray
2. Mix flour, baking soda, salt, walnuts, and apples in a large bowl. Whisk oil, sugar, eggs, and cinnamon together in a small bowl; add to flour mixture and mix until just moistened. Split mixture between prepared loaf pans
3. Bake in oven until a toothpick inserted into center comes out clean, about 1 1/2 hours. Cool in pans for 10 minutes before removing



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Fast Facts



This Recipe Provides



Protein



Calcium



Fiber



Iron



Vitamin A



Vitamin C



B₁₂



Low Fat



B₆

Cooking Tips



- Try with peanut butter to add protein!

Nutrition Facts



Nutrition Facts

Serving Size 18 (87g)

Per Serving	% Daily Value*
Calories 340	
Total Fat 17.2g	26%
Saturated Fat 2.9g	14%
Trans Fat 0g	
Cholesterol 27mg	9%
Sodium 210mg	9%
Potassium 109mg	3%
Total Carb 44.2g	15%
Dietary Fiber 2.1g	8%
Sugars 26.3g	
Protein 4.9g	

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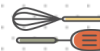


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