

Apple Bread

Yummy Apple Bread. Of course, this can be made gluten-free.
Use your favorite gluten-free flour instead of wheat flour.
Replace wheat germ with ground flax.

Categories

Yields: 10 servings
Preparation time: 15 mins
Cooking time: 55 mins
Category: Desserts
Complexity: Simple
Vegan experience: Absolute beginner
Preparation style: Cooked

Ingredients

White whole wheat flour	2 cup
Baking powder, low sodium	2 teaspoon
Cinnamon, ground	2 teaspoon
Nutmeg (ground)	1 tsp
Wheat germ, crude	4 tablespoon
Egg replacer	2 x 1 tbsp
Maple syrup	9 tablespoon
Apple sauce, apple	3 x 1/2 cup
Walnuts	1 cup
Raisins, uncooked	1 ounce
Apple, fresh, without skin	1 cup

Instructions

- 1) Preheat oven to 350 F.
- 2) Chop the apple into small cubes.
- 3) Mix all dry ingredients in a bowl. (Walnuts should be in pieces if you're using them.)
- 4) Follow directions for egg replacer, then add all wet ingredients in a bowl, including the chopped apple pieces.
- 5) Mix gently until all ingredients are well dispersed.
- 6) Spoon batter into a lightly oiled bread pan and bake for 55 minutes, or until the knife comes out dry once inserted into bread.
- 7) Let cool for about one hour.
- 8) Enjoy!