

Apple Breakfast Bread

Recipe makes: 12 servings (1 slice per serving)

Preparation time: 20 minutes

Cook time: 1 hour

Equipment: one cutting board, one knife, one set of measuring cups, one set of measuring spoons, parchment paper (optional), one 20 * 20 cm (8 * 4 inch) loaf pan, one small bowl, two spoons, one medium mixing bowl, one large mixing bowl, one fork or hand-mixer, one rubber spatula, one oven, one pair of oven mitts, one cooling rack or plate, one serrated knife

What you need to make this recipe:

- Cooking spray or butter
- 5 tablespoons water
- 2 teaspoons chia seeds
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- 2 tablespoons butter
- ½ cup sugar
- ½ cup unsweetened applesauce
- 2 eggs
- 2 apples, peeled, cored, and finely diced

How to make Apple Breakfast Bread:

1. Preheat the oven to 175°C (350° F).
2. Prepare the loaf pan:
Option 1: Lightly grease the loaf pan with cooking spray.
Option 2: Lightly grease the loaf pan with butter using parchment paper.
3. In a small bowl, stir together the water and chia seeds using a spoon. Let sit for 10 minutes.
4. In a medium bowl, stir together the flour, baking soda, salt, cinnamon, and cloves using a spoon.
5. In a large bowl, combine the butter and sugar using a fork or hand-mixer until smooth.
6. Add the applesauce, eggs, and chia seed mixture to the butter and sugar. Stir, using a spoon, until combined.
7. Add the dry ingredients to the wet ingredients. Using a rubber spatula, stir until combined.
8. Add the apples to the batter. Using a rubber spatula, stir until the apples are mixed into the batter.
9. Pour the batter into the loaf pan.
10. Using the back of a spoon or a rubber spatula, press the batter evenly into the pan.
11. Bake in the preheated oven for one hour or until a toothpick inserted in the center comes out clean.
12. Remove the bread from the oven and cool for 15 minutes.
13. After 15 minutes, remove the bread from the loaf pan. To do this, run a butter knife between the bread and the side of the loaf pan, then gently shake the bread out of the pan. Put the bread on a wire rack or plate to finish cooling.
14. Cut the bread into 12 slices and serve.

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Nutrition Facts		
Per 1 serving (1 slice)		
Calories	160	% Daily Value*
Fat 3 g		4 %
Saturated 1.5 g		8 %
+ Trans 0.1 g		
Carbohydrate 30 g		
Fibre 2 g		7 %
Sugars 13 g		13 %
Protein 3 g		
Cholesterol 30 mg		
Sodium 210 mg		9 %
Calcium 30 mg		2 %
Iron 1 mg		6 %
Vitamin A 40 µg		4 %
Vitamin C 2.5 mg		3 %
5% or less is a little , 15% or more is a lot		
Nova Scotia School Food and Beverage Standard: Moderate		

Allergy information:

Contains wheat, gluten, milk, and egg.

About this recipe:

The applesauce helps sweeten the bread, so less sugar is needed. Choosing foods that are lower in added sugar is part of healthy diet.

Substitutions:

To make this recipe gluten-free, use all-purpose gluten-free flour and certified gluten-free chia seeds.

Storage information:

The bread can be stored in an airtight container in the fridge for up to 3 days or in the freezer for up to 3 months



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