

Easy Apple Bread

There's lots of fresh apples (2 small Granny Smiths or one large 9 ounce apple) in this lightly sweet bread, perfect for afternoon tea..

Prep Time: 20 minutes

Cook Time: 1 hour

Total Time: 1 hour, 20 minutes

Makes: one loaf



Ingredients:

- 1 2/3 cup all purpose flour
- 1/3 cup white sugar
- 2 Tablespoons brown sugar
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- pinch of nutmeg (optional)

- ½ cup milk (I use reduced fat)
- 2 eggs
- 3 Tablespoons vegetable oil (I use avocado oil)
- 1 teaspoon vanilla

2 cups Granny Smith apples, cut in ¼-inch pieces

Topping: 2 teaspoons sugar + 1/8 teaspoon cinnamon

Instructions:

1. Preheat oven to 350 F.
2. Line a loaf pan with parchment paper.
3. Combine dry ingredients (flour through spices) in a large bowl.
4. In small bowl, combine milk, eggs, oil, and vanilla.
5. Peel and core apples and cut into 1/4-inch pieces.
6. Fold the milk mixture into the flour mixture until barely combined. Do not over-mix.
7. Gently fold in apples. Batter will be thick and chunky.
8. Spread batter into the loaf pan. Smooth the top and sprinkle with

sugar/cinnamon mixture.

9. Bake for one hour. Cover the top with foil after about 35 minutes to prevent burning.