



recipes

Apple Walnut Bread

Preheat oven to 350. Grease a regular size loaf pan.

1. Sift all the dry ingredients:

- 1 1/2 cups whole wheat flour
- 1/2 cup flour
- 1 tsp salt
- 1 tsp cinnamon
- 1 tsp baking soda

2. Mix together with a spoon:

- 3 eggs
- 1/2 cup brown sugar packed
- 1 cup sugar
- 1 tsp vanilla
- 1 cup oil

Add dry ingredients to the wet. Mix well.

3. Then add:

2 peeled and finely chopped apples and **1 cup chopped walnuts**

Pour mix into pans and put in oven. Let it bake for 5 minutes.

4. Sprinkle over:

Mix together **cinnamon powder** and **granulated sugar** at a 1:2 ratio respectively and after 5 minutes of the loaf being in the oven, sprinkle onto pan.

Bake for about 40 min and check with a toothpick if it is dry. If you've done one big loaf then it takes at least 60 min.