



APPLE WALNUT BREAD

ingredients:

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| Baking spray with flour | 1 tablespoon ground cinnamon |
| 3 cups shredded apple (about 3 large apples) | 2 teaspoons baking powder |
| 1 (5.3-ounce) container low-fat plain Greek yogurt (about 2/3 cup) | 1 teaspoon baking soda |
| 1/3 cup canola oil | 1/4 teaspoon salt |
| 1 3/4 cup granulated sugar | 1/2 cup walnuts, chopped |
| 2 large eggs | |
| 1 Tablespoon vanilla extract | |
| 1 1/2 cups white whole-wheat flour | |
| 1 1/2 cups all-purpose flour | |

Glaze

- 1/2 cup powdered sugar
- 1 1/2 Tablespoons reserved liquid from grated apples

directions:

1. Preheat oven to 350 degrees. Spray two 8-by-4-inch loaf pans with baking spray; set aside.
2. Grate apples, enough to yield 3 cups. Squeeze grated apples well, using a muslin or fine net cloth, reserving the liquid.
3. In a large mixing bowl, beat 1/4 cup of the reserved apple juice, yogurt, oil, sugar, eggs, and vanilla with an electric mixer on medium speed.
4. In a separate bowl, combine whole-wheat flour, all-purpose flour, cinnamon, baking powder, baking soda, and salt.
5. Stir flour mixture into sugar mixture until just moistened, being careful not to overmix. Gently fold in shredded apple and walnuts.
6. Divide mixture evenly between the 2 prepared loaf pans. Bake for 45 to 55 minutes or until a wooden pick inserted in center comes out clean.

glaze:

Combine powdered sugar and 1 1/2 tablespoons reserved apple juice; stir until smooth. Poke shallow holes in top of bread with a toothpick and spread glaze over top of bread while warm. Cool bread in pans on wire rack for 20 minutes. Remove bread from pans and cool completely on wire rack.

Yield: 24 servings
(12 slices per loaf)

Nutrition Information Per Serving:

184 Calories
5 grams Fat
1 gram Saturated Fat
16 mg Cholesterol
115 mg Sodium
32 grams Carbohydrates
2 grams Fiber
3 grams Protein

Food exchanges:
2 starch, 1 fat



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