

Spicy Apple Nut Bread

An all-time favorite combination of apples and cinnamon. This would make a healthy gift to give during the holidays.

- 2 cups whole wheat pastry flour
- 1 tablespoon cinnamon
- 1 teaspoon ginger
- 1/2 teaspoon allspice
- 1/2 teaspoon nutmeg
- 3/4 cup walnuts, chopped
- 2/3 cup canola oil
- 2/3 cup honey
- 2 eggs, beaten
- 1 teaspoon vanilla extract
- 2 medium organic Granny Smith apples, grated

Stir flour, cinnamon, ginger, allspice, nutmeg, and walnuts together.

In a separate bowl, blend oil, honey, eggs and vanilla.

Add wet ingredients to dry ingredients. Mix only until moistened.

Gently fold in grated apples.

Pour batter into an oiled 9X5 loaf pan.

Bake at 325 degrees for 50 to 60 minutes or until a toothpick inserted in the center comes out clean.

Makes 8 slices.