

Applesauce Nut Bread

Perfect for breakfast or with an afternoon cup of tea, this quick bread is a snap to make. The applesauce helps keep the bread moist and the cinnamon, cloves, and raisins enhance its natural sweetness and great apple flavor.

1 large egg, slightly beaten, or 1/4 cup egg substitute
1 cup unsweetened applesauce

1/2 cup canola or corn oil
1/2 cup sugar
1/2 cup raisins
1/2 cup chopped walnuts
1 3/4 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1 1/2 teaspoons cinnamon
1/2 teaspoon ground cloves

DIETARY EXCHANGES:

1 Starch, 1/2 Fruit, 1 1/2 Fat

NUTRIENTS PER SERVING:

Cal.: 165	Cal. from Fat: 79
Total Fat: 9 g	Sat. Fat: 1 g
Carb.: 21 g	Protein: 2 g
Chol.: 12 mg	Sodium: 110 mg
Fiber: 1 g	

1. Preheat the oven to 350°F. Prepare a 9x5 inch loaf pan with nonstick pan spray.
2. In a large bowl, combine the egg, applesauce, oil, sugar, raisins, and walnuts; mix well.
3. Sift the flour, baking powder, salt, cinnamon, and cloves in a medium bowl and add to the applesauce mixture; mix well.
4. Pour the batter into the prepared pan. Bake for 1 hour. Cool 10 minutes on a wire rack before removing from the pan. When cool, cut into 18 slices.

1 loaf (18 slices)

Source: The New Family Cookbook for People with Diabetes

