
Apple Bread

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1/2 cup shortening
1 cup sugar
2 eggs, beaten
1 cup coarse ground apples
1 tablespoon orange rind
2 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
2 tablespoons buttermilk
1 teaspoon vanilla
1/2 cup nuts, chopped

In a bowl, cream the shortening, sugar and eggs until fluffy. Stir in the apples and orange rind.

In a bowl, sift the dry ingredients. Add alternately with the buttermilk to the apple mixture. Stir in the vanilla and nuts.

Pour the mixture into a greased loaf pan.

Bake at 350 degrees for about one hour.

Yield: 1 loaf

Breads, Muffins

Per Serving (excluding unknown items): 3207 Calories; 155g Fat (43.0% calories from fat); 51g Protein; 411g Carbohydrate; 14g Dietary Fiber; 425mg Cholesterol; 2512mg Sodium. Exchanges: 13 1/2 Grain(Starch); 3 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 28 1/2 Fat; 13 1/2 Other Carbohydrates.