

Applesauce Oat Bread

Susan Fay

The Church of St. Michael and St. George - St. Louis, MO - 1980

*1/3 cup raisins
1 cup whole wheat flour
1 cup all-purpose flour
1 cup rolled oats
1 teaspoon baking powder
1/2 teaspoon cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon ground cloves
1/4 teaspoon baking soda
1/4 teaspoon salt
1 egg
1/2 cup packed brown sugar
3/4 cup applesauce
1/2 cup water
2 tablespoons oil*

Preheat the oven to 350 degrees.

Place the raisins in a small bowl. Add water to cover the raisins. Let soak.

In a large bowl, combine the whole wheat flour, white flour, oats, baking powder, cinnamon, ginger, cloves, salt and baking soda.

In a medium bowl, beat the egg, brown sugar, applesauce, water and oil until blended. Drain the raisins. Stir the raisins into the applesauce mixture. Add the applesauce mixture to the flour mixture, stirring just to moisten. Pour the batter into a greased 9x5-inch loaf pan.

Bake for 50 to 60 minutes or until a pick comes out clean.

Let cool for 10 minutes, then turn out of the pan to cool completely.

Per Serving (excluding unknown items): 2202 Calories; 42g Fat (16.5% calories from fat); 51g Protein; 423g Carbohydrate; 32g Dietary Fiber; 212mg Cholesterol; 1478mg Sodium. Exchanges: 15 1/2 Grain(Starch); 1 Lean Meat; 5 Fruit; 7 1/2 Fat; 7 Other Carbohydrates.