

Crunchy Applesauce Bread

Bette Wolf

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

2 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon nutmeg
1/2 teaspoon allspice
1/2 teaspoon cinnamon
2 large eggs, slightly beaten
1 1/4 cups unsweetened applesauce
1 cup sugar
1/2 cup vegetable oil
1 cup chopped nuts
TOPPING
1/4 cup chopped nuts
1/4 cup brown sugar
1/4 teaspoon cinnamon

Preheat the oven to 350 degrees.

In a bowl, combine the flour, baking powder, baking soda, salt, nutmeg, allspice and cinnamon. Mix well.

In a bowl, whisk the eggs, applesauce, sugar and oil. Add to the dry ingredients. Combine well. Stir in the nuts.

Spray a loaf pan with cooking spray. Pour the batter into one large or three small baking pans.

In a bowl, mix the chopped nuts, brown sugar and cinnamon. Sprinkle over the batter in the pan.

Bake for one hour or until a toothpick comes out clean.

Cool in the pan on a rack for 10 minutes.

Per Serving (excluding unknown items): 4174 Calories; 222g Fat (46.6% calories from fat); 69g Protein; 503g Carbohydrate; 30g Dietary Fiber; 424mg Cholesterol; 2467mg Sodium. Exchanges: 15 Grain(Starch); 5 Lean Meat; 2 Fruit; 40 1/2 Fat; 16 Other Carbohydrates.