



APPLE CINNAMON BREAD (Grain Free)

Yield: 12 servings

Ingredients:

- ❖ 1 ½ cups applesauce (*homemade is best!*)
- ❖ 4 eggs
- ❖ ¼ cup coconut oil, melted
- ❖ ½ cup almond butter
- ❖ 1 teaspoon vanilla extract
- ❖ ½ cup maple syrup
- ❖ ½ cup coconut flour
- ❖ 2 teaspoons cinnamon
- ❖ ¼ teaspoon nutmeg
- ❖ ¼ teaspoon allspice
- ❖ 1 teaspoon baking powder
- ❖ 1 teaspoon baking soda
- ❖ Pinch of sea salt
- ❖ ¼ cup walnuts, chopped



Procedure:

1. Preheat oven to 375 degrees.
2. Grease a loaf pan with coconut oil. Set aside.
3. To make the applesauce, in a food processor, process 4 medium apples (no need to peel) until liquefied.
4. In a large bowl, add the applesauce, eggs, coconut oil, almond butter, vanilla extract, maple syrup. Whisk until well combined.
5. Add the coconut flour, cinnamon, nutmeg, allspice, baking powder, baking soda, sea salt and walnuts. Mix well.
6. Pour batter into the loaf pan and bake for 50-60 minutes. Test with a toothpick for doneness.
7. Let cool and serve.