

Tasty Spiced Apple Bread

It may seem odd to include an apple recipe on an herb blog, but apples are powerful plant medicines. Enjoy the healing gifts of apples in this tasty Spiced Apple Bread Recipe.



What you'll need...

- 1 1/2 cups flour of choice
- 1/2 cup oat bran
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- 1 tablespoon cinnamon powder
- 1 teaspoon nutmeg powder
- 1/2 teaspoon cloves powder
- 2 eggs, room temperature
- 2 cups applesauce
- 1/2 cup honey
- 1/2 cup butter (melted, not hot)
- 1 cup chopped apples (skin removed)
- 1/2 cup chopped nuts (optional)

Yield: 1 serving

- 1 Preheat oven to 350 degrees. Grease 1 9x5 loaf pan very well with butter or other oil.
- 2 In a medium size bowl, mix together the flour, oat bran, baking soda, salt, cinnamon, nutmeg, and cloves.
- 3 In another medium sized bowl combine the eggs, applesauce, honey, and butter and whisk together to combine.
- 4 Add the dry ingredients to the wet ingredients and stir to combine. Don't over-mix.
- 5 Fold in the chopped apples and optional nuts.
- 6 Pour the batter into the loaf pan and bake for 60–75 minutes, or until a toothpick inserted in the middle comes out clean.
- 7 Let cool for 10 minutes in the pan, then remove to a cooling rack to cool completely.
- 8 Store on the counter in a tightly sealed container. It's best within 4 days. It can be sliced and frozen for later enjoyment.