

# Applesauce Cinnamon Bread

*Makes one regular loaf, or two 4" X 7" (10cm x25cm) mini loaves*



- 1 1/4 cups (300mg) unsweetened applesauce (store bought works great)
- 2 tablespoons (30mg) butter
- 1 1/2 tablespoons (22mg) sugar
- 1 teaspoon (5mg) salt
- 1 teaspoon (5mg) cinnamon
- 1 cup (240mg) whole wheat flour
- 2 cups unbleached all purpose flour
- 1 1/2 teaspoons (7mg) active dry yeast

For bread machine, heat applesauce, cinnamon and butter until butter is melted. Add all ingredients to bread machine in order given by the manufacturer and choose dough cycle. Check the dough after 5 minutes of kneading; if too wet ( i.e. doesn't form a dry ball) add more flour. When done, removed dough and put into greased standard loaf pan, or two 4" x 7" mini loaf pans.

Optional hand method: Make dough by hand, mixing and kneading for at least 15 minutes, rise for 1/2 hour in bowl, punch down, rise again for 1/2 hour, then move dough into greased loaf pan and rise for about one hour.

Preheat oven to 400 F (200 C) and bake for 15-20 minutes, until dark medium brown and loaf sounds hollow when tapped. Cool on rack.