

Apple Spice Bread

Ingredients

1 cup unbleached white flour

1 cup whole wheat flour

1/2 cup brown sugar

1 t. baking soda

1 t. baking powder

1/2 t. salt

1 t. cinnamon

3/4 t. allspice

1/4 t. nutmeg

1/2 cup chopped dates

1 egg, lightly beaten

2 cups unsweetened applesauce, preferably homemade

1/4 cup vegetable oil

1/2 cup plain yogurt

Butter

Directions

Preheat oven to 350 degrees.

Grease a standard loaf pan with melted butter.

Mix all dry ingredients in a large bowl. Mix in dates. Combine wet ingredients in a medium bowl. Fold the wet ingredients into the dry ingredients. Do not overmix. Pour the batter into the prepared pan. Bake for 45 to 55 minutes until a toothpick inserted into the bread comes out clean. Cool for 10 minutes. Run a knife around the outside of the pan and gently shake the bread free from the pan.