



## Jonagold Apple Nut Bread

Serves: 16

### Ingredients

2 cups all-purpose flour  
¼ tsp. salt  
1 ½ tsp. baking powder  
¼ tsp. baking soda  
¾ cup sugar  
⅓ cup margarine, softened  
2 eggs

2 Tbsp. milk  
2 cups shredded Jonagold apples, unpeeled  
½ cup chopped nuts (optional)  
1 Tbsp. sugar  
½ tsp. cinnamon

Combine flour, salt, baking powder, and baking soda; set aside.

In a medium-size mixing bowl, beat together the ¾ cup sugar, margarine, milk, and eggs until light and fluffy. Stir in dry ingredients, mixing until thoroughly combined. Add apples and nuts. Spread evenly in greased 9x5x3-inch loaf pan. Sprinkle mixture of remaining sugar and cinnamon over top of batter.

Bake in 350 degree oven for about 55 minutes or until wooden toothpick inserted in center comes out clean. Remove from pan and cool on wire rack.

Per serving: 140 calories, 1 g dietary fiber, 5 g fat, 132 mg sodium.