

Dutch Apple Bread

A warm, moist bread filled with apple and cinnamon spices! This quick bread is made with ½ the sugar as normal, lite butter, chia eggs, a little milk, whole-wheat flours, spices, and apples. For a perfect, crisp outer layer and moist inner layer, the bread is baked in a cast-iron skillet and topped with a buttery drizzle. Plus, cooking in cast iron increased the iron in our foods!! Cut into slices and enjoy along a lean protein of choice, such as eggs, cheese cubes, Greek yogurt, or a protein shake.

Ingredients:

Bread

½ cup	Packed Splenda brown sugar (can use the Truvia brand too)
¼ cup	Unrefined coconut palm sugar (can technically use cane sugar too)
½ cup	Lite butter, melted (I use the “Lite I Can’t Believe It’s Not Butter”)
2 each	Chia “eggs” (mix 2 tbsp chia seed with 5 tbsp water and soak for 5 minutes= 2 chia eggs)
1 tbsp	Milk of choice
2 tsp	Vanilla extract
1 cup	White-whole wheat flour (or all-purpose flour)
1 cup	Whole wheat flour
1 tsp	Baking soda
2 tsp	Cinnamon
1 tsp	Nutmeg
1/2 tsp	Ground ginger
2 cups	Apples, finely chopped

Topping

2 tbsp	Flour
3 tbsp	Splenda brown sugar
1 tbsp	Cinnamon
2 tbsp	Lite butter

Directions:

1. Preheat the oven to 350 degrees F. Grease a 9-inch iron skillet with 1 tbsp of the lite butter (this leaves you with 7 tbsp left for the bread mixture). If you do not have a skillet, you can use a bread pan. Set aside.
2. In a large bowl, mix the wet ingredients (sugars, 7 tbsp melted butter, chia eggs, milk, vanilla extract)
3. In a medium bowl, whisk together the “dry” ingredients (flours, baking soda, cinnamon, nutmeg, ground ginger)
4. Add the dry ingredients into the wet ingredients and mix until clump-free batter forms. DO NOT OVERMIX. Gently fold in the finely chopped apples.
5. Spread into prepared skillet.
6. Mix topping ingredients together and pour over dough that spread in the skillet.
7. Bake for 45-50 minutes or until toothpick comes out clean when inserted. If the top begins to brown but center is not yet done, cover with aluminum foil.
8. Serve warm or cold. Store in an airtight container in the fridge. Enjoy!

Servings: 12 triangles / slices
 Serving size: 1 triangle / slice

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Nutrition Facts		
Serving Size: 1 Triangle/Slice		
Amount Per Serving		% Daily Value*
Calories	189.7 kcal	9 %
Total Fat	5.6 g	9 %
Saturated Fat	1 g	5 %
Trans Fat	0.4 g	
Cholesterol	0 mg	0 %
Sodium	178.3 mg	7 %
Total Carbohydrate	33.8 g	11 %
Dietary Fiber	3.7 g	15 %
Sugars	16.4 g	
Protein	3.3 g	7 %
Vitamin A	7 %	Vitamin C 1 %
Calcium	4 %	Iron 7 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com </>		