

APPLE CINNAMON BREAD

Yield: 16 Servings

STREUSEL TOPPING

Mix together well with pastry cutter or in mixer and set aside:

- * 3/4 cup butter, softened
- * 1 3/4 cup brown sugar
- * 2 tbsp cinnamon
- * 1 1/4 cup whole wheat flour
- * 1/2 cup granulated sugar
- * 1 1/2 tsp salt
- * 1 cup white flour

APPLE BREAD

INGREDIENTS

- * 1/2 cup softened butter
- * 2/3 cup granulated sugar
- * 2 large eggs
- * 2/3 cup milk
- * 2/3 cup plain lowfat yogurt
- * 1 1/4 tsp vanilla extract
- * 1 1/2 cup white flour
- * 1 1/3 cup whole wheat flour
- * 2 tsp baking powder
- * 1 tsp salt
- * 1 3/4 cup canned, drained apples or 2 fresh apples, peeled, cored and sliced

DIRECTIONS

- * Preheat oven to 325 degrees.
- * Spray or grease a 9" x 13" cake pan.
- * Cream butter and sugar in mixing bowl. Add eggs, milk, yogurt and vanilla and mix on low until combined.
- * In separate bowl, mix flours, baking powder and salt.
- * Add dry ingredients to butter/sugar mixture and mix until combined.
- * Spread batter into prepared pan.
- * Spread apple slices evenly on top.
- * Sprinkle streusel mixture evenly on top of apples.
- * Bake at 325 degrees for 45-60 minutes or until a toothpick inserted in the center comes out clean.
- * Allow to cool and cut into 16 squares.
- * Enjoy!

NUTRITIONAL INFORMATION PER SERVING

- * Calories: 284
- * % Sat. Fat: 19%
- * % Total Fat: 32.4%
- * Cholesterol: 54 mg
- * Sodium: 325 mg
- * Fiber: 2.2 g
- * Protein: 5.2 g
- * Carbohydrates: 44.3 g
- * Trans Fat: 0



Recipe courtesy of
Saint Paul Public Schools Nutrition Services