

Apple Cinnamon Bread



BAKER'S TIP

Fiber loves water and your recipes will too. You may notice your recipes will need a little more liquid (water, milk, or fruit juice) when using our flour.

For breads, rolls, and other yeast-raised baked goods: Increase liquids $\frac{1}{4}$ cup (60g) at a time until you reach the desired dough consistency.

For cookies: Increase liquids 1 tbs. (15g) at a time until you reach the desired batter or dough consistency.

For brownies, quick-breads, muffins, pancakes, waffles, pie crusts and more: Increase liquids 2 tbs. (30g) at a time until you reach the desired batter or dough consistency.

Ingredients

- $\frac{2}{3}$ Cup Whole Milk
- 4 Cups [Flourish Flour](#)
- 2 Cups Sugar
- 2 Tablespoons Baking Powder
- 1 Teaspoon Salt
- 1 Tablespoon Cinnamon
- 2 Eggs
- 2 Cups Milk
- $\frac{2}{3}$ Cups vegetable oil
- 1 Large Apple diced and peeled
- Butter-Salted or unsalted, your preference
- Powdered Sugar- Also known as confectioners sugar or icing powder. If you do not have powdered sugar, you can puree granulated sugar in a food processor until soft and fluffy
- Vanilla Extract- Pure rather than imitation, if possible
- Heavy Cream- You can substitute milk if needed

Instructions

1. Mix flour, sugar, and salt: Put flour, sugar, and salt into the bowl of a food processor and pulse a couple times to mix.
2. Preheat oven to 350F.
3. Combine Sugar, flour, baking powder and salt. Set aside
4. Beat eggs, milk and oil until just combined
5. Gradually add dry mixture to wet until just moist
6. Add apple and cinnamon
7. Grease baking dishes and pour mixture an inch below to the top to compensate for rise
8. Combine cinnamon and sugar
9. Spoon topping onto each loaf and swirl in with a knife

10. Bake 40 minutes or until a toothpick comes out clean

Glaze Instructions

1. Combine ingredients, beat on medium until smooth
2. Warm in microwave 30 seconds to make it a pourable glaze for easy topping.

We're here to help: flourish-flour.com