

Nutrition Education

The Greek yogurt and applesauce in this quick bread recipe make for a very moist loaf of bread and allow for the use of less oil than would normally be called for in similar quick bread recipes. Plain Greek yogurt also adds protein to this recipe with 23 grams of protein per one cup serving. This protein and fiber rich quick bread is a great recipe to use when baking with children. Kids love to crack eggs, measure, pour and stir and they can practice reading, math and fine motor skills in the process. Creating something they can eat also helps to build self-confidence in children and makes them more likely to try new foods.

Greek Yogurt Applesauce Bread

3 cups whole wheat flour	1 teaspoon ground cinnamon
3 eggs	¼ tsp nutmeg
1 cup brown sugar (packed)	¼ tsp allspice
1/2 cup melted coconut oil or canola oil	¼ tsp ginger
2 cups applesauce	1 teaspoon baking soda
1 cup plain Greek Yogurt	1/4 teaspoon baking powder
1 cup chopped raisins	

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9 x 5 inch loaf pans.
2. Beat together eggs, sugar, and oil. Blend in applesauce, and then Greek yogurt. Mix in flour, baking powder, soda, and spices. Stir in raisins. Pour batter into prepared pans.
3. Bake for 40-55 minutes. Baking time varies with ovens so make sure to watch your bread and check the center for doneness with a toothpick. Cool on wire racks.

