

Apple Cinnamon Whole Wheat Loaf

Ingredients

- 1 ½ cups whole wheat flour
- ½ cup rolled oats
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 ½ tsp ground cinnamon
- 2 medium apples, peeled & diced
- ½ cup honey or pure maple syrup
- ¼ cup olive oil or melted coconut oil
- 2 eggs
- 1 tsp vanilla extract
- ½ cup unsweetened applesauce

Instructions

1. Preheat Oven: 350°F (175°C). Grease a loaf pan.
2. Mix Dry Ingredients: In a large bowl, combine flour, oats, baking powder, baking soda, salt, and cinnamon.
3. Prepare Apples: Toss diced apples in a tablespoon of flour to prevent sinking.

4. Mix Wet Ingredients: In another bowl, whisk honey, oil, eggs, vanilla, and applesauce until smooth.
5. Combine: Stir wet into dry until just combined, fold in apples.
6. Bake: Pour into loaf pan and bake 45–50 minutes, until toothpick comes out clean.
7. Cool: Let cool before slicing.

Why This Helps Blood Sugar

Apples add natural sweetness and soluble fiber, which slows glucose absorption. Whole wheat flour and oats supply complex carbs for steady energy release.