



Low Fat Apple Bread

1 cup	whole wheat flour
1 cup	all purpose flour
1/2 Tbsp	baking powder
1/2 tsp	baking soda
1/2 Tbsp	ground cinnamon
1/2 tsp	ground ginger
1 tsp	salt
1/2 cup	vanilla yogurt
2	eggs
1/2 cup	brown sugar
1 tsp	vanilla extract
1/2 cup	milk
1 med	apple
4	dates

- 1) Preheat the oven to 350F/185C.
- 2) Grease and flour a loaf pan.
- 3) Prepare the fruits: core and peel the apple, then chop into small pieces. Chop the dates into small pieces. Pick apart bits that stick together – you don't want big lumps in the bread.
- 3) Sift together the dry ingredients (the first seven listed).
- 4) In a large bowl, beat together the yogurt and eggs.
- 5) Stir in the brown sugar and vanilla extract. Mix thoroughly.
- 6) Begin stirring in the flour mixture. Alternate in parts with the milk, until everything is combined.

- 7) Stir in the chopped apple and dates.

8) Pour into your greased and floured loaf pan, place in the center of the oven and bake for 50 minutes. If the top begins to brown before the inside is finished (around the 40 minute mark), cover with foil and continue baking.

Note: Braeburn apples are a good choice, but any other baking apple will work.

Another Note: This bread would also be good with raisins in place of the dates, or with the addition of pecans or walnuts.

One Last Note: This is a moist bread, which will keep for several days if wrapped up tight with clingfilm. Keep in the fridge or slice and freeze. It tastes best at room temperature or above.