



# Apple Bread with Spices

1 hour 40  
minutes

Hands on

6-8  
Portion(s)

1  
Difficulty



## Method

For the toasted walnuts

- Place a pan over medium to high heat.
- Add the walnuts and toast for 2-3 minutes.
- When ready, set aside to cool and coarsely chop with a knife or in a food processor.

For the apple bread

- Preheat oven to 180\* C (350\* F) Fan.
- Grease a 20x10 cm rectangular cake pan with butter and dust with flour.
- In a large bowl, combine the flour, sugar, baking powder, salt, cinnamon, cloves and nutmeg.
- Add the toasted walnuts and apples. Mix again.
- In a separate medium sized bowls, combine the milk, eggs, vanilla and **apple sauce**.
- Add the dry wet ingredients to the dry ingredients. Add the butter and mix with a plastic spatula.
- Transfer mixture to cake pan and scatter the remaining walnuts over the top. Press down on them a little so that they stick in the batter.
- Bake for 50-55 minutes, until golden. To make sure it is ready, insert the blade of a knife in the bread and it should come out dry and clean.
- When ready, remove from oven and set it aside to cool in the cake pan first, for 30 minutes.
- Then, turn out of pan and place on a wire rack until it cools completely.
- Slice and top with cheese.
- Cook under the broiler for 4-5 minutes, until the cheese melts.
- Serve with fresh oregano leaves and walnuts.

## Ingredients

For the toasted walnuts

- 70 g walnuts

For the bread

- 15 g butter, for greasing the cake pan
- 250 g all-purpose flour
- 1 tablespoon(s) all-purpose flour, for dusting the cake pan
- 150 g granulated sugar
- 1 tablespoon(s) baking powder
- 1 pinch salt
- 1 teaspoon(s) cinnamon
- 1/4 teaspoon(s) cloves, ground
- 1/2 teaspoon(s) nutmeg, ground
- 100 g apples, cut into 0.5 cm cubes
- 120 g milk
- 2 eggs, large
- 1 teaspoon(s) [vanilla extract](#)
- 100 g apple sauce
- 110 g butter, melted and cooled

To serve

- 200 g brie
- oregano, fresh leaves
- 50 g walnuts

## Διατροφικός πίνακας

Nutrition information per portion

546 Calories (kcal)	32.7 Total Fat (g)	14.7 Saturated Fat (g)	48.0 Total Carbs (g)
27%	47%	73%	18%
22.9 Sugars (g)	13.5 Protein (g)	2.5 Fibre (g)	0.79 Sodium (g)
25%	27%	10%	13%