

# Apple Bread

## Ingredients:

- 2 cups [rolled oats](#)
- 1 teaspoon baking powder
- 2 teaspoons [cinnamon](#)
- 1/4 teaspoon salt
- 1/4 cup sugar (I used [coconut sugar](#), but regular is fine too) or 2 tablespoons maple syrup
- 1/4 cup [ground flaxseeds](#) (or flaxseed meal)
- 1 cup applesauce
- 1/2 cup milk (dairy or nondairy)
- 3 flaxseed eggs (see Notes)
- 1 teaspoon vanilla
- 2 tablespoons butter, melted and cooled slightly
- 1 cup finely diced apple (skin on or off, according to your preference; I leave it on)



## Directions:

1. Preheat the oven to 350 degrees F and grease an [8×8-inch baking pan](#). Place the oats, baking powder, [cinnamon](#), salt, sugar, and ground flax seeds into the bowl of a [food processor](#). Process for about 30 seconds or until the oats resemble a coarse flour.
2. Stir all ingredients together in a bowl. (Or, add all ingredients to the [food processor](#), adding the chopped apples last, and pulse to combine if you don't want to dirty another bowl.)
3. Pour into the prepared baking pan and smooth the top with a spatula until even. Bake for 32-34 minutes or until a cake tester inserted into the center comes out clean and the edges are lightly golden brown.
4. Place on a wire rack and let cool completely before cutting.

## Notes:

Flaxseed eggs: Stir together 2 tablespoons [ground flaxseed](#) and 2 tablespoons water. Let the “flax egg” sit for a few minutes before adding it to the batter. When the muffins come out of the oven, let them cool inside the pan (so don't transfer them to a rack—this batter is a little moister and likes the extra heat!).

