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# Everybody`s Apple Bread

*Monica Peplow - New York*

*North American Potpourri - Autism Directory Service, Inc - 1993*

**2 1/4 cups flour**  
**1 teaspoon baking powder**  
**1 teaspoon baking soda**  
**1/2 teaspoon salt**  
**2 cups raw apples, cut small**  
**1 cup sugar**  
**1/2 cup oil**  
**1 egg**  
**1/2 cup milk**  
**1/2 cup unsalted nuts (optional)**  
**1/2 cup raisins (optional)**  
**cinnamon (to taste)**

In a bowl, sift together the dry ingredients.

In another bowl, mix together the milk, sugar, oil and egg. Add the dry ingredients. Add the nuts and raisins, if using. Mix well.

Sprinkle additional sugar and cinnamon on top.

Bake in the oven at 350 degrees for 50 minutes (for moist) or one hour (for dry).

Yield: 1 loaf

## **Breads, Muffins**

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*Per Serving (excluding unknown items): 2913 Calories; 121g Fat (37.1% calories from fat); 39g Protein; 422g Carbohydrate; 8g Dietary Fiber; 229mg Cholesterol; 2949mg Sodium. Exchanges: 14 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 23 Fat; 13 1/2 Other Carbohydrates.*