



Serves 8

Cook Time: 1 hours

INGREDIENTS:

1½ cups unsweetened
applesauce

¾ cup packed light brown sugar

½ cup plain unsweetened
almond milk or plant milk

1 tablespoon ground flax seeds
mixed with 2 tablespoons warm
water

2 cups all-purpose or whole
wheat flour

1 teaspoon baking soda

½ teaspoon baking powder

1 teaspoon salt

1 teaspoon ground cinnamon

½ cup chopped walnuts

Apple-Walnut Breakfast Bread

Slightly sweet, oil-free, and totally satisfying, this makes a great breakfast on the run. I know you want to eat it all in one sitting (I do, too), so to avoid that calorie splurge, cut it into single servings, wrap each in plastic wrap, and put them in the freezer until needed. This also makes a great baked gift. Wrap it up, tie it with a bow—now you're everyone's favorite breakfast baker!

Adapted from Kathy Freston's *The Book of Veganish*. Original recipe by Robin Robinson.

By Kathy Freston

- 1 Preheat the oven to 375°F.
- 2 In a large bowl, combine the applesauce, brown sugar, almond milk, and flax mixture and stir until smooth and well mixed. Set aside.
- 3 In a separate bowl, combine the flour, baking soda, baking powder, salt, and cinnamon. Mix the dry ingredients into the wet ingredients just until blended. Stir in the walnuts, then transfer the batter to a 9x5-inch loaf pan, spreading evenly and smoothing the top.
- 4 Bake until golden brown and a toothpick inserted in the center comes out clean, 25 to 30 minutes. Cool in the pan for about 20 minutes, then remove from the pan and cool completely on a wire rack.