

**Recipe Name: Apple Bread**

**Recipe Category:** Breads//Biscuits/Muffins

**Portion Size:** 1 slice bread

**Ingredients: Yields:**

Ingredients	Notes:
1/2 cup Nonfat plain yogurt	
3/4 cup sugar	
3/4 teaspoon vanilla	
1 1/2 cup unpeeled apples, finely chopped	
1 cup all purpose flour	
1/2 cup whole bread flour	
1/2 teaspoon ground nutmeg	
1 teaspoon cinnamon	
3/4 teaspoon baking soda	
Non stick cooking spray	

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat oven to 325 degree oven. Coat a 9 X 5 inch loaf pan with nonstick cooking	
2	In a large mixing bowl, combine ingredients in order given and mix well.	
3	Pour into loaf pan and bake for 1 hour.	
4	Cool.	<i>Store in air tight container for up to 72 hours. May freeze for up to 30 days</i>

**Texture Modified Diets:**

**Soft & Bite Size:** (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size after cooking. Moisten with milk as needed. Cut away any hard crusts.

**Chopped:** **Food particle size 1/4 inch (~ 1/2 width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size after cooking. Moisten with milk as needed. Cut away any hard crusts.

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with milk as needed. Cut away any hard crusts.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add milk or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

**Therapeutic Modified Diets:**

**Low-fat:** No changes needed

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** Use sugar substitute for sugar

**Bland/Anti Reflux:** Peel apples. Omit cinnamon.

**Liberal House Renal:** Use alternate menu item

**No Added Salt:** No changes needed

**2 Gram Sodium:** Use alternate menu item

**Gluten Free:** Use gluten free flour alternative. Prepare foods separately to prevent cross contamination.

**Allergy Alerts: When an "X" is present, this indicates the allergen is present.**

**Always read all food labels to ensure allergens are not present.**

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X					

Key: SF= Salt Free D= Diet or Sugar Free LF = Low-fat FF = Fat Free GF = Gluten Free