

**Recipe Name:** Applesauce Bread  
**Recipe Category:** Breads//Biscuits/Muffins  
**Portion Size:** 1 slice bread  
**Ingredients:**    **Yields:** 8 servings

Ingredients	Notes:
3/4 cup applesauce	
1/4 cup honey	
1 egg white	
1/2 Teaspoon vanilla	
1 cup all-purpose flour	
1/4 cup rolled oats	
1/4 cup wheat germ	
1/2 teaspoon baking soda	
1/2 teaspoon baking powder	
1/4 teaspoon salt	
1/2 teaspoon cinnamon	
1/4 teaspoon nutmeg	
1/2 cup raisins (optional)	

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat oven to 350 degrees.	
2	In a large mixing bowl beat together the applesauce, honey, egg whites, and vanilla.	
3	Combine the dry ingredients in a separate bowl.	
4	Add dry ingredients to applesauce mixture and mix just until moist. Do not over mix	
5	Fill greased muffin tins 2/3 full and bake at 350 degree oven for 15 to 20 minutes	<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 ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size after cooking. Moisten with milk as needed. Cut away any hard crusts. Omit raisins.

**Chopped:** **Food particle size ¼ inch (~ ½ 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. Omit raisins.

**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. Omit raisins.

**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. Omit raisins.

**Therapeutic Modified Diets:**

**Low-fat:** No changes needed

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

**Bland/Anti Reflux:** Omit nutmeg and 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 alternatives for the wheat flour, baking powder and oats. Omit wheat germ. 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