

Recipe Name: Apple Bread

Recipe Category: Breads//Biscuits/Muffins

Portion Size: 1 slice bread 1/16

Ingredients: Yields: 48 slices 3 loaf pans 5 X 9 X 2 ¾ inches cut into 16

Ingredients	Notes:
1 ½ cups chopped pecans (optional)	
6 cups all-purpose flour	
4 cups packed brown sugar	
2 tablespoons cinnamon	
1 tablespoon baking soda	
2 teaspoons baking powder	
1 teaspoon nutmeg	
1 teaspoon salt	
3 cups applesauce	
¾ cup water	
¾ cup vegetable oil	
¼ cup cider vinegar	

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat oven to 350 F. degree oven. Coat (3) 5 X 9 inch loaf pans with nonstick cooking	
2	In a large mixing bowl, combine flour, brown sugar, cinnamon, baking soda, baking powder, nutmeg and salt. Stir in applesauce, water, vegetable oil and vinegar. Fold in pecans. Pour batter into prepared loaf pan.	
3	Pour into loaf pan and bake for 1 50-60 minutes . Use a toothpick to test for doneness.	
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 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 pecans.

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 pecans.

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 pecans.

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 pecans.

Therapeutic Modified Diets:

Low-fat: Omit nuts

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

Bland/Anti Reflux: 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 and GF baking powder. 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