

For more information, contact the Department of Dietetics at(906) 225-3490
or toll free at 1-800-562-9753, extension 3490

Applesauce Raisin Bread

3 cups granulated sugar

1 quart applesauce

2 cups margarine, melted

3 cups egg substitut

2 quarts sifted all-purpose flour

1 Tablespoon baking soda

2 teaspoons baking powder

2 teaspoons ground cinnamon

1 teaspoon salt

1 teaspoon nutmeg

2 cups raisins

1 cup chopped walnut

2 Tablespoons margarine

Place sugar, applesauce, melted margarine and egg substitute in 12 quart mixer bowl. Beat on medium speed 30 seconds. Scrape down sides and bottom of mixer bowl. Sift together flour, baking soda, baking powder, cinnamon, salt and nutmeg. Add to applesauce mixture. Beat on medium speed 1 minute

Scrape down sides and bottom of mixer bowl. Stir in raisins and chopped walnuts. Grease four 9 x 5 inch loaf pans with 1½ teaspoons margarine each. Portion 3½ cups of the batter into each pan

Bake at 350 for 50-55 minutes or until inserted toothpick comes out clean.

Allow to cool. Cut each loaf into 12, (¾ inch) slices.

Serving size: ¾ inch slice; Calories - 260; Protein - 4; Carbohydrate - 39; Fat - 9; Sodium - 140; Potassium - 150;

Cholesterol - 0.