

# Breaking Bread

Share the warmth and sweetness of the season.

Spiced  
apple loaf

MAKES  
1



Young  
Kitchen  
Hands

Cooking is a great **sensory experience** that introduces children to shapes, colours, smells and textures. Use kitchen sessions to build children's **vocabulary** and hone their **motor skills**. Assign tasks suited to their **age and ability** — let younger ones stir the mixture, while older ones can crack the eggs.

## → WHAT YOU'LL NEED

- 2 large apples, cut into 1cm cubes
- 2 tsp ground cinnamon
- ½ cup brown sugar
- ¼ tsp salt
- 1½ cups plain or all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- 2 eggs
- ½ cup vegetable oil
- ¾ cup plain low-fat yoghurt
- 1 tsp vanilla extract
- 1 cup nuts, roughly chopped (e.g., walnuts, pecans)



## Follow these steps

1. Preheat oven to 180°C. Grease a loaf pan and line with parchment paper.



**TIP!** Leave some parchment overhang on the sides, for easy removal of the baked loaf.

2. Toss diced apples with cinnamon, sugar and salt. Set aside.



3. Sift flour, baking powder and baking soda together in a bowl. In a separate bowl, whisk eggs, oil, yoghurt and vanilla extract.



4. Pour wet batter into the dry ingredients and mix until smooth. Gently stir in apples and chopped nuts.



5. Pour batter into the pan and smooth out the top. Bake for 1 hour. Cover loosely with foil and bake for another 25 minutes, or until a skewer inserted into the loaf comes out clean.



6. Remove pan from the oven and let it cool for about 15 minutes. Then, lift the loaf out of the pan and let it cool completely before slicing.



## Fuel Up On Fibre

► **Try this healthy baking tip:** Replace at least 10 per cent of white flour in the recipe with whole-wheat flour. Together with apples and nuts, it will add more fibre to your child's diet. Your child will take longer to chew, eat more slowly and feel fuller for longer, preventing weight gain.

Find out more at [www.healthhub.sg/live-healthy/more-fibre-for-a-fit-and-fabulous-you](http://www.healthhub.sg/live-healthy/more-fibre-for-a-fit-and-fabulous-you).