



## Featured Recipe

Olson Women's Health Resource Center  
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### Apple Cinnamon Bread

*It's apple season, so start your fall off right by baking this Apple Cinnamon Bread. Most of these ingredients you probably already have! Not only does it taste great, but it will also leave your home smelling great too!*

*Jaime Stevens, Registered Dietitian, Licensed Medical Nutrition Therapist for the Olson Center*

#### INGREDIENTS

##### Bread

- 1 ½ cups all-purpose flour
- 1 ¾ tsp. baking soda
- ½ tsp. salt
- ½ tsp. cinnamon
- ½ cup unsalted butter
- ½ cup granulated white sugar
- 2 large eggs
- 1 ½ tsp. vanilla extract
  
- ½ cup milk

##### Apple Mixture

- 1 large apple, peeled and chopped
- ¼ cup brown sugar
- ¼ tsp. cinnamon
- pinch of nutmeg

##### Cinnamon Sugar Topping

- 1 tbsp. granulated white sugar
- ¼ tsp. cinnamon

#### INSTRUCTIONS

1. Preheat oven to 350 F and grease a 9 x 5 inch loaf pan. In a small bowl whisk the flour, baking powder, salt and cinnamon together until thoroughly combined. Set aside.
2. In the bowl using a hand mixer or a stand mixer, cream butter and sugar together until pale and fluffy, about 4 minutes.
3. Beat in eggs, one at a time, until incorporated. Then add vanilla extract and mix until combined.
4. With the mixer running on low, add about one-third of the flour mixture and mix until almost combined. Add half the milk and mix until just combined. Repeat with another third of flour mixture and then the last of the milk, ending with the last third of the flour. Beat until just incorporated. Don't overmix!
5. In a bowl combine chopped apple, brown sugar, cinnamon and nutmeg. Spread half of the batter into the loaf pan, top with half of the apple mixture, followed by the remaining batter and the remaining apple mixture. Use a knife to swirl through the batter, then combine sugar and cinnamon, and sprinkle on top. Bake for 45 – 55 minutes until a skewer inserted in the center comes out clean with only a few moist crumbs attached. Baking time will vary so keep an eye on yours.
6. Remove the bread from the oven and let it cook in the pan for 15 minutes before transferring to a wire rack. Allow to cool completely before slicing. Cover and store leftover bread at room temperature for up to 4 days.

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Cook Time: 50 minutes

Prep Time: 10 minutes

Total Time: 1 hour

#### NUTRITION

Calories: 167 kcal    Servings: 12    Fat: 14g    Protein: 3.5g    Dietary Fiber: 1.4g    Iron: 6.2mgSource:

## **Olson Wellness Exchange**

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health on the 4<sup>th</sup> Floor of the Durham Outpatient Center on UNMC's main campus, or register online at [www.olsoncenter.com](http://www.olsoncenter.com)

