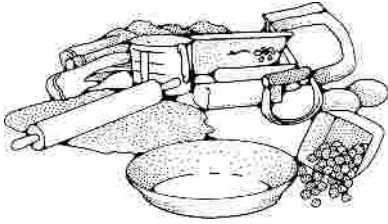


October 2011:



Another tasty bread to make the house smell great as it bakes and serve hot from the oven for a yummy snack with a cup of tea, mulled cider or sparkling cider for dessert. Any way you serve it, this is a family favorite! Enjoy!

Cider Bread:

2 1/2 Cups whole wheat flour 2 tsp. baking powder
1 tsp. cinnamon 1/2 tsp. nutmeg (fresh grated, if possible)
2 eggs, beaten 1/2 Cup unsweetened applesauce
1/4 Cup sugar 1/2 Cup apple cider
1/3 Cup canned pumpkin or cooked mashed sweet potato - (NOT pumpkin pie filling)

- Preheat oven to 350° - grease 1 - 9" loaf pan well or 2 - 8" alum. pans
 - In a med. bowl, combine the dry ingredients.
 - In a large bowl, combine remaining ingredients; add the dry ingredients slowly to large bowl and mix until blended. DO NOT overbeat.
 - Pour the batter into prepared pan and bake for 40 minutes
 - Adjust time for smaller pans - (check at 30 min. or until the tester comes out clean).
- (American Diabetes Association recipe)*