

## APPLE SAUCE BREAD

### 1. Wet Ingredients:

330 Grams Almond Milk

3 Teaspoons of Yeast

Pinch of Sugar (Honey Optional)

**Activate The Yeast** - Warm the almond milk (about 110° F and mix in the yeast and sugar. Let it sit for 15-10 minutes until foamy.)

### 2. Dry Ingredients:

542 Grams A/P Flour (Spelt Flour Optional)

1 ½ Teaspoon of Salt

86 Grams of Apple Sauce

**Mix The Dough** - In a large bowl, combine flour and salt. Add the yeast mixture and applesauce, then mix until a dough forms.

**Knead** - Knead the dough for about 8-10 minutes until smooth and elastic.

3. **First Rise** - Place the dough in a greased bowl, cover and let it rise in a warm spot for 1-1.5 hours, or until doubled in size.
4. **Shape The Dough** - Punch down the dough and shape it into a loaf. Place it in a greased loaf pan.
5. **Second Rise** - Cover and let it rise again for about 30-45 minutes until puffy.
6. **Bake** - Preheat oven to 375° F then bake for 35-45 minutes, or until golden brown and hollow-sounding when tapped.

*Cool & Enjoy* - Let it cool on a wire rack before slicing.

