

KAREN'S APPLE BREAD



INGREDIENTS

½ cup Swerve (granulated sugar substitute) - Granular
¼ cup Swerve (brown sugar substitute) -Brown
½ cup melted Coconut Oil
2 eggs
½ almond milk
2 tsp baking powder
2 tsp cinnamon
½ tsp pink Himalayan sea salt
1 ½ cup almond flour
½ cup cassava flour
1 tsp vanilla
1 cup walnuts, chopped and baked 10 minutes at 350 degrees
2 organic apples, chopped

Drizzle: ¼ cup butter, ½ cup confectioners Swerve sugar, and 1 tsp vanilla

DIRECTIONS

Cream oil and Swerve (sugar substitute); add eggs milk, baking powder, cinnamon, salt, flour, and vanilla.

Fold in baked walnuts and chopped apples.

Pour into 2- 9x3 bread pans (greased)- bake at 350 degrees for 40-50 minutes.

SHOPPING LIST

Organic Apples

Almond Flour

Cassava Flour

Coconut Oil

Butter

Swerve Brown (sugar substitute)

Swerve Granulated (sugar substitute)

Swerve Confectioners (sugar substitute)

Almond Milk

Eggs

Baking Powder

Vanilla

Cinnamon

Himalayan Sea Salt