

THE GRATEFUL BREAD---grated apples, grated carrots, grated coconut, grate flavor

1 1/2 cups all-purpose flour
1 cup quick-cooking rolled oats (not instant)
1 cup granulated sugar
2 tsp. baking powder
2 tsp. cinnamon
1/2 tsp. salt
1/4 tsp. nutmeg
1/3 cup shredded sweetened coconut
1/3 cup chopped walnuts
1/2 cup evaporated milk, 2%
2 eggs
1/3 cup unsweetened applesauce
2 Tbsp. vegetable oil
2 tsp. vanilla
2 cups peeled, grated apples
1/2 cup grated carrots

Preheat oven to 350 degrees F. Spray a 9"x5" loaf pan with Vegeline or other cooking spray and set aside. In the Bosch bowl equipped with the whips, combine flour, oats, sugar, baking powder, salt and spices. Place clear lid over bowl and turn on speed one to mix for 10 sec. Add coconut and walnuts and jog on "M" a few times. In another medium bowl combine, milk, eggs, applesauce, oil, and vanilla and whisk together. Stir in apples and carrots. Add wet ingredients to dry ingredients. Mix just until dry ingredients are moistened. Pour batter into pan. Spread evenly and bake for 55 to 60 min. or until a toothpick comes out clean when inserted in the middle. Cool for 10 min. in pan. Remove from pan and let cool on a wire rack. When completely cool, cover with plastic wrap and store in the refrigerator.

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