



# Applesauce Oatmeal Bread

## INGREDIENTS

1 tbsp. active dry yeast  
3/4 cup warm water  
1 tbsp. sugar  
1 1/2 cups rolled oats  
1 1/4 cup whole wheat flour  
1 1/4 cup all-purpose flour  
1 tsp. ground cinnamon  
3/4 cup applesauce  
2 tbsp. oil  
2 tbsp. maple syrup, or cane sugar  
1/2 tsp. salt

## DIRECTIONS

1. Mix the yeast in a large bowl or the bowl of a stand mixer, with the sugar and 2 tbsp of warm water. Set aside for the yeast to activate.
2. Place the oats in a bowl and pour the remaining water over them. Set aside for 20 minutes to soften the oats.
3. After 20 minutes, add the oats to the yeast mixture along with the applesauce, maple syrup and oil. Mix everything.
4. Add the flours, salt and cinnamon and knead until the dough comes together. You want a rather stiff dough. Add some more all-purpose flour if the dough is too wet.
5. Remove the dough to flat surface and knead briefly by hand. Form a smooth ball and place in

- an oiled bowl, turning over once to coat the top with oil.
6. Cover with a plastic bag or a kitchen towel and let it rise in a warm place for 2 hours.
  7. Place the dough on flat surface, knead slightly to deflate, and form into a loaf. Oil a loaf pan, sprinkle the bottom with some cornmeal, and place the loaf in it.
  8. Brush top with some oil and sprinkle a few oats, if desired. Press down slightly so they adhere to the loaf.
  9. Let the bread rise for about 90 minutes, until double in size. Bake in a preheated oven set at 350 degrees Fahrenheit for 20 minutes. After 20 minutes, cover the top with aluminum foil and continue baking for another 25 minutes.
  10. Place pan on rack. When cool enough to handle, remove from pan and continue cooling on rack.

- **Bread Machine Instructions**

- Place the oats in a bowl and pour the water over them. Set aside for 20 minutes to soften the oats.
  - After 20 minutes place all the ingredients in the bread machine pan according to the order in the manufacturer's instructions. Use the dough cycle. When dough cycle is complete continue starting with step #7 (above).
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