

# Applesauce Bread (Sugar-Free)

## Ingredients

1 1/4 cup flour sifted  
1 teaspoon salt  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1 cup quick oats  
1/2 cup raisins  
1 1/4 cup applesauce  
1/3 cup oil  
2 large eggs  
1/4 cup milk

## Instructions

- Preheat oven to 350
- Sift dry ingredients together in large bowl
- Stir in oats & raisins
- Beat applesauce, oil, eggs and milk together, make a well in center
- Pour applesauce mixture into well and stir only until moistened
- Pour into greased 9" X 5" X 3" loaf pan
- Bake 55-60 mins