

High-Protein Bread



INGREDIENTS:

1-1/4 cups Applesauce	1/2 tsp Baking powder
1 cup Sugar	1 tsp Ground cinnamon
1/2 cup Vegetable oil	1/2 tsp Ground nutmeg
2 Eggs	1/2 tsp Allspice
3 tbsp Milk	1/4 tsp Salt
1 cup All-purpose flour	1/2 cup Chopped pecans
1 cup CHiK PURE™	

DIRECTIONS:

1. Preheat oven to 350 °F. Lightly grease a 9"x5" loaf pan.
2. Combine wet ingredients in a large bowl.
3. Sift in dry ingredients (except pecans) and stir until smooth.
4. Fold in pecans.
5. Pour batter into loaf pan.
6. Bake for 60 minutes, or until a toothpick inserted in the center comes out clean.

