
Cranberry Apple Spelt Bread

Dry Ingredients

4 cups spelt flour
4 tsp baking powder
1 tsp ground cloves
½ tsp ginger
1½ tbsp cinnamon
2 tbsp arrowroot flour

Wet Ingredients

1 cup rice milk
1¼ cups unsweetened applesauce
½ cup raw honey
3 tart apples, chopped into small pieces
2 cups cranberries (fresh or frozen)

Preheat oven at 375°F. Mix dry ingredients in a large bowl. In a separate container, mix wet ingredients together. Stir wet ingredients into dry ingredients. Scoop into non-stick pan (can also line with parchment if necessary). Bake until firm and tan on top, approximately 50-60 minutes.

Adapted from *The Vital You Ultimate Holistic Cookbook* by Jennifer Hough, 2005

Nutritional Value

Cranberries – Great for the kidneys, bladder, and skin, these tart berries are full of vitamin C, fibre, calcium, iron, and other minerals; and phytonutrients like beta-carotene and quercetin. They are useful in the treatment of asthma, cystitis, kidney stones, and bladder stones.

Apples – Apples are very high in fibre, help detoxify the body, stabilize blood sugar, and protect against the effects of radiation. They are high in many vitamins and minerals. Wash before use though – conventional apples can be sprayed with pesticides as many as 17 times before they make it to your table.

Spelt – This sweet, nutty grain is the grain most tolerated by people with gluten-sensitivities. It contains all 8 essential amino acids, and special carbohydrates that play a major role in blood clotting and stimulating the immune system. Spelt is higher in amino acids, protein, some minerals, and B vitamins than wheat.

Cinnamon – This spice has antiseptic properties, is a digestive aid, has anticancer properties, and is beneficial for the heart, lungs, and kidneys. It also helps lower blood pressure and makes insulin more efficient.

Honey – This is a natural sweetener that contains vitamins, minerals, and propolis. It is a great source of magnesium. A whole food, honey is an excellent replacement for brown or white cane sugar, which is detrimental to our health. Any sweetener, though, should be eaten in moderation, but when you do need to sweeten, try honey instead.