

# Rosemary Apple Bread

**Prep time:** 15 minutes. **Cook time:** 45 minutes. Makes 16 servings.

## Ingredients:

- 3 cups all-purpose flour, divided
- 1 tsp sea salt
- 1 tsp finely chopped fresh rosemary
- 1 package quick-rise yeast (about 2 1/4 tsp)
- 1 cup warm water (100° to 110°)
- 1 cup diced peeled Granny Smith apple (about 1 small)
- Olive oil

## Directions:

1. Combine  $\frac{3}{4}$  cups of flour, rosemary, salt, and yeast in a mixing bowl while whisking.
2. Slowly mix in water until a soft dough forms. Knead onto a flat surface until smooth, while adding remaining flour.
3. Cover and let dough rest for 5 minutes. Knead diced apple into mixture. Place dough in a large bowl and coat lightly with olive oil. Let mixture rest for 10 minutes.
4. Gently press dough into a loaf/ bread pan which is coated in olive oil. Bake loaf at 375° for 45 minutes until golden-brown. Cool in pan for 5 minutes, remove, and continue cooling on wire rack.



## Nutrition Information:

Per slice – Calories: 95; Fat: 0.7g; Carbohydrates: 19.1g; Fibre: 0.9g; Protein: 2.6g



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