

Paleo Apple Walnut Bread

Ingredients:

2 cups almond flour
2 tsp cinnamon
1/2 tsp baking soda
1/2 tsp nutmeg
2 eggs
1/2 cup vanilla coconut milk yogurt
1/4 cup melted coconut oil or olive oil
1 tsp vanilla extract
2 apples finely diced
1/3 cup chopped walnuts (or nut of choice)

Directions:

Preheat oven to 350 degrees. Coat a 9x5" bread pan with cooking spray. Add all ingredients except the apples and nuts to a food processor and process till smooth. Fold in apples and nuts. Pour into your prepared pan and bake for 40-50 minutes or until lightly browned and a toothpick comes out clean. Cool for 20-30 minutes before removing and place on a wire rack to cool completely.