



EVERYTHING HERBAL

by Cheryl Jabz ♥

PLANT • NOURISH • THRIVE

Cinnamon Apple WALNUT BAKE BREAD

A cozy, moist, and aromatic bread filled with warm cinnamon, tender apples, and crunchy walnuts. Perfect for breakfast, a snack, or a healthy dessert—without the sugar!



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THIS RECIPE

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INGREDIENTS

- 1 ½ cups almond flour
- ½ cup ground flaxseed
- 1 tsp baking powder
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp sea salt
- 3 large eggs
- ⅓ cup unsweetened applesauce
- ½ cup unsweetened almond milk
- ¼ cup melted coconut oil or butter
- ¼ cup monk fruit sweetener (or to taste)
- 1 tsp vanilla extract
- 1 ½ cups grated apple (about 2 medium)
- ⅔ cup chopped walnuts
- 1 tsp lemon zest (optional)

DIRECTIONS

- 1 Preheat oven to 350°F (175°C). Grease a 9x5-inch loaf pan or line with parchment paper.
- 2 In a large bowl, whisk together almond flour, flaxseed, baking powder, cinnamon, nutmeg, and sea salt.
- 3 In another bowl, whisk eggs, applesauce, almond milk, melted coconut oil, monk fruit sweetener, vanilla extract, and lemon zest until well combined.
- 4 Add the wet ingredients to the dry ingredients and stir until just combined.
- 5 Fold in grated apple and chopped walnuts.
- 6 Pour batter into the prepared loaf pan and smooth the top.
- 7 Bake for 45–55 minutes, or until a toothpick inserted in the center comes out clean.
- 8 Let cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before slicing.

HERBAL HIGHLIGHT

CINNAMON

A warm, comforting herb that adds aroma and depth to your treats.

WALNUTS

Provide healthy fats, protein, and a delightful crunch.



Enjoy It Your Way!

Delicious on its own, toasted with a little herbal butter, or topped with unsweetened Greek yogurt and a sprinkle of cinnamon.



GLUTEN
FREE



GRAIN
FREE



LOW
SUGAR

SCAN ME
FOR MORE HERBAL
RECIPES & TIPS



Bringing the Power of Herbs to Your Kitchen and Your Life! ♥



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♥ THANK YOU!