



OH. MY. GOSH.... If yall haven't made the Apple Fritter Discard Loaf yet, what are you even doing??!!!! Top tier yall. Top tier

## Ingredients

### Bread Batter:

- \* 1 cup all-purpose flour
- \* 1 cup sprouted wheat (or more all-purpose)
- \* ½ cup sourdough discard (or ½ cup active starter + ¼ cup water)
- \* ½ cup sugar
- \* 2 eggs
- \* ¼ cup melted butter
- \* ¼ cup milk
- \* 2 tsp baking powder
- \* 1 tsp baking soda
- \* 1 tsp cinnamon
- \* ½ tsp salt

### Apple Filling:

- \* 2 apples, diced (~2 cups)
- \* ¼ cup sugar
- \* 1 tsp cinnamon
- \* ¼ tsp nutmeg (optional)

Optional Glaze:

- \* 1 cup powdered sugar
- \* 2-3 tbsp milk

## Instructions

1. Prep Apples: Mix diced apples with sugar, cinnamon, and nutmeg. Let sit 10 min.
2. Mix Dry: Whisk flours, baking powder, baking soda, cinnamon, and salt.
3. Mix Wet: Combine eggs, sugar, discard, butter, and milk.
4. Combine: Fold wet into dry until just mixed. Gently fold in apples.
5. Bake: Pour into greased 9×5" loaf pan. Bake at 350°F (175°C) for 50-60 min. Cool 10 min in pan, then on rack.
6. Glaze (Optional): Mix glaze ingredients and drizzle over cooled bread.



### Tips & Variations

- \* Use brown sugar for richer flavor.
- \* Add streusel topping before baking.
- \* Swap flour, spices, or add nuts.
- \* Make it vegan: flax egg, plant milk, vegan butter.
- \* Store: 3 days room temp, 1 week fridge, 3 months freezer.

### FAQ Highlights:

- \* Applesauce substitute: Use 1 cup unsweetened applesauce; reduce bake time.
- \* Bread not rising? Check starter activity, oven temp, and avoid overmixing.