



INTRODUCTION

The Carrot Apple Loaf is delicious and filling when it's taken [hiking](#) or [kayaking](#). It stays together when put into a [plastic container](#).

It will start to crumble when taken on a longer adventure such as [backpacking the West Coast Trail](#) or [kayaking Desolation Sound](#).

It's a nice healthy treat to share with your children and adults in your life.

If you don't like coconut oil, this can be substituted with canola or vegetable oil, if you prefer. I like to use gala apples when making this recipe. The carrots and apples add nice moisture to this loaf.

It will take you around twenty minutes to mix the ingredients together and approximately forty-five minutes to bake in the oven. An additional fifteen minutes will be needed to let it cool on the cooling rack, once it's done baking.

The carrot apple loaf will provide a tasty treat for a family of four or a couple. You'll be able to freeze some for later if you wish. The recipe can be made into a double batch; plan to freeze one loaf and have it ready to go when you want a homemade treat to take with you on an outdoor adventure.

Check out more [desserts](#) to make, if you love to bake and these [suppers](#) if you want to surprise your family or partner with delicious meals.

CARROT APPLE LOAF



TIME REQUIRED:
1H20



SERVINGS:
4

INGREDIENTS

- ♣ 1 large egg
- ♣ ½ cup packed brown sugar
- ♣ 1/3 cup liquified coconut oil (canola and vegetable oil can be substituted)
- ♣ ¼ cup granulated sugar
- ♣ ¼ cup vanilla yogourt
- ♣ 2 tsp vanilla extract
- ♣ 2 tsp cinnamon
- ♣ ½ tsp ground nutmeg
- ♣ 1 cup all-purpose flour
- ♣ ½ tsp baking powder
- ♣ ½ tsp baking soda
- ♣ ¾ cup grated carrots (1 peeled carrot)
- ♣ ¾ cup grated apples

DIRECTIONS

1. Pre-heat oven to 350°F.
2. Grease a 9x5 inch loaf pan with PAM, to prevent sticking.
3. In a large bowl, whisk together the first eight ingredients from the egg to the nutmeg.
4. Add the flour, baking powder and soda to the bowl. Fold together with a spatula.
5. Fold in the carrots and apples in the bowl.
6. Pour the mixture into the prepared loaf pan, making sure the top of the loaf is flat.
7. Bake for 45 to 55 minutes (until a toothpick or piece of spaghetti inserted in the middle of the loaf comes out clean, and the top of the loaf is crusty and slightly brown).
8. Let the loaf cool on a rack for 15 minutes. Cut into it and serve yourself a piece for a taste test before packing the rest up for hiking!