

GINGERBREAD

INGREDIENTS

3 cups whole wheat pastry flour
or King Arthur's white whole
wheat flour

1 teaspoon baking powder

1 teaspoon baking soda

2 tablespoons ground ginger

1 ½ teaspoons cinnamon

½ teaspoon ground cloves

½ teaspoon salt

¼ teaspoon finely ground black
pepper

2 eggs

½ cup olive oil

½ cup unsweetened applesauce

½ cup plain yogurt (whole milk
yogurt is best)

½ cup molasses

½ cup honey

½ cup water

METHOD

Preheat oven to 350°. Coat the inside of a 9x13 inch baking pan with butter. Set aside.

In a large bowl, whisk together the flour, baking powder, baking soda, ginger, cinnamon, cloves, salt and pepper. In a separate bowl, whisk the eggs, and then add olive oil, applesauce, yogurt, molasses, honey and water. Whisk to combine.

Pour the wet mixture into the dry mixture and mix just until combined.

Pour batter into the prepared baking dish. Bake for 30 – 35 minutes, or until a toothpick inserted in the center comes out with just a few moist crumbs sticking to it. Let cool on a rack for 15 minutes before cutting and serving.