

# Ohio Health Bread

From Sara Harrow by Barb Stevens

1 cup whole wheat flour

1/4 cup wheat germ

3/4 cup unprocessed bran

2 tablespoons baking soda

1 cup walnuts

2 eggs

3/4 cup applesauce

1/4 cup unsulphured molasses

1/4 cup honey

Mix dry ingredients. Mix wet ingredients.

Mix all together. Bake at 350 for 50 minutes in lightly greased Pyrex bread pan.