- Prep Time: 15 minutes
- Cook Time: 55–60 minutes
- Cooling Time: 20 minutes
- Total Time: 1 hour 35 minutes
- Yield: 1 standard 9×5 inch loaf (10 slices)
- Intensity Level: Easy / Beginner

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Ingredients

For the Loaf:

- 1 ¾ cups (220g) all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- ½ cup (100g) granulated sugar
- ¼ cup (50g) light brown sugar, packed
- 2 large eggs, room temperature
- ½ cup (120ml) neutral oil (vegetable or canola)
- ½ cup (120g) plain Greek yogurt (or sour cream)

- 1 ½ teaspoons vanilla extract
- 2 medium apples (Honeycrisp or Granny Smith), peeled and finely diced (about 1 ½ cups)

For the Cinnamon Sugar Topping:

- 1 tablespoon granulated sugar
- ½ teaspoon ground cinnamon

Instructions

Step 1: Prep and Preheat (Intensity: Low)

Preheat your oven to 350°F (175°C). Grease a 9×5-inch loaf pan with non-stick spray or butter, and line it with parchment paper for easy removal. In a small bowl, whisk together the topping ingredients (1 tbsp sugar and ½ tsp cinnamon) and set aside.

Step 2: Mix Dry Ingredients (Intensity: Low)

In a medium mixing bowl, whisk together the flour, baking soda, baking powder, cinnamon, nutmeg, and salt. Set aside.

Step 3: Combine Wet Ingredients (Intensity: Medium)

In a large mixing bowl, whisk the granulated sugar, brown sugar, and eggs until smooth and slightly pale. Add the oil, Greek yogurt, and vanilla extract. Whisk vigorously until the mixture is completely homogenous and glossy.

Step 4: Fold and Combine (Intensity: Medium)

Pour the dry ingredients into the wet ingredients. Using a spatula, gently fold the mixture together. Stop stirring as soon as you no longer see dry flour streaks. Over-mixing will result in a tough loaf.

Step 5: Add the Apples (Intensity: Low)

Gently fold in the diced apples. The batter will be thick. Pour the batter into the prepared loaf pan and smooth the top with your spatula. Sprinkle the cinnamon-sugar topping evenly over the surface.

Step 6: Bake (Intensity: Low – Passive)

Bake for 55–60 minutes. Begin checking at the 50-minute mark. The loaf is done when a toothpick inserted into the center comes out clean (or with just a few moist crumbs). If the top is browning too quickly, tent it loosely with aluminum foil halfway through baking.

Step 7: Cool (Intensity: Low – Passive)

Remove the loaf from the oven and let it cool in the pan for 10 minutes. Then, lift it out using the parchment paper and transfer it to a wire rack to cool completely. Important: Do not slice the loaf while it is hot, or it will crumble.

Recipe Notes & Variations

- Apple Varieties: Use a firm, tart apple like Granny Smith or Honeycrisp. Avoid soft apples like Red Delicious, which turn mushy.
- Add-ins: Feel free to fold in ½ cup of chopped walnuts or pecans for crunch.
- Storage: Store leftovers in an airtight container at room temperature for up to 3 days, or in the fridge for up to 1 week.
- Freezing: This loaf freezes beautifully. Wrap the cooled loaf tightly in plastic wrap and foil, then freeze for up to 2 months. Thaw overnight in the fridge.

Nutrition Information

Disclaimer: The following nutrition information is an estimate based on standard ingredients and is provided for convenience. It should not be considered a substitute for professional dietary advice.

Serving Size: 1 slice (based on 10 slices per loaf)

- Calories: 265 kcal
- Total Fat: 12g (Saturated Fat: 1.5g)

- Cholesterol: 38mg
- Sodium: 210mg
- Total Carbohydrates: 35g
- Dietary Fiber: 1.5g
- Total Sugars: 18g (Includes 16g Added Sugars)
- Protein: 4g