

# CLEO COYLE'S SPICED APPLE SPOONBREAD

*Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.*

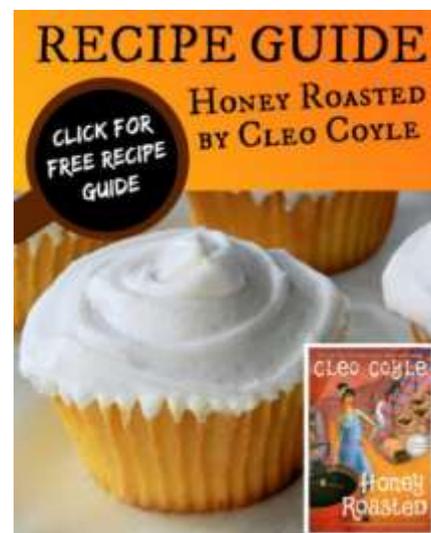
*Spoonbread is said to have its roots in a Native American dish called suppawn, a type of cornmeal porridge. English colonists added eggs and milk to enrich the dish. I built on the traditional recipe, adding warm spice flavors to create an easy, tasty breakfast bread pudding. Serve it with a drizzle of honey or maple syrup. Or dress it up for evening dessert, serving it warm with ice cream, whipped cream, fresh berries and/or a splash of liqueur. ~ Cleo*

NOTE: This recipe is perfect for a 1-1/2 quart casserole dish. In a pinch, however, you can use an 8-inch square baking pan. Whatever you use, be sure it is well greased with butter or cooking spray to prevent sticking. For a larger batch, double the amount of ingredients and use a 2-1/2 quart casserole dish or a 9 x 9 x 2-inch pan. Cooking time may be a bit longer for a larger casserole, check for doneness as indicated in the recipe.

## **Ingredients:**

- 1 large ripe apple** (or 2 small), peeled and shredded with a grater or food processor (*about 1-1/4 cups shredded apple*)
- 3 tablespoons melted butter**
- 2 tablespoons white, granulated sugar**
- 1/4 cup light brown sugar** (packed)
- 1 teaspoon apple pie spice**
- 1/4 teaspoon salt**
- 1-1/2 cups milk whole or low fat** (*1% or 2%, not skim*)
- 1/2 cup apple juice** (*or apple cider*)
- 3/4 cup cornmeal** (*yellow or white*)
- (optional) **1/2 cup raisins or craisins** (*dried cranberries*)
- 2 eggs**
- 2 teaspoons baking powder**
- (optional) **Honey or Pure Maple Syrup** (for drizzling on top)\*

\*For dessert toppings, try ice cream, whipped cream, fresh berries, and/or a splash of your favorite liqueur



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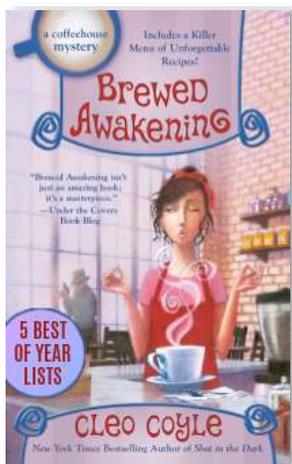
**Directions:** First preheat your oven to 350° F. Into a medium saucepan, place the shredded apples and butter. Warm over medium heat, stirring while butter melts. Add the white and brown sugars, apple pie spice, and salt. Stir to blend the flavors. Add the milk, apple juice, cornmeal, and (optional) raisins or craisins (or a combo of the two). Cook and stir this mixture over medium heat for 2 to 3 minutes, until the mixture thickens and resembles porridge.

**IMPORTANT:** Remove from heat and allow the mixture to cool off for at least ten minutes before whisking in the eggs and baking powder. Transfer immediately to a well-greased 1-1/2 quart casserole dish. Bake in the preheated oven for 40 to 50 minutes (depending on oven). When the spoonbread is set on top (no longer liquid and jiggling) and slightly browned, it's finished cooking. As the name implies, spoon the bread pudding onto plates right from the baking dish. You can eat it plain or drizzle honey or pure maple syrup on it for a delightful breakfast. Or serve it warm as a dessert with ice cream or whipped cream, fresh berries and/or a splash of your favorite liqueur, and...

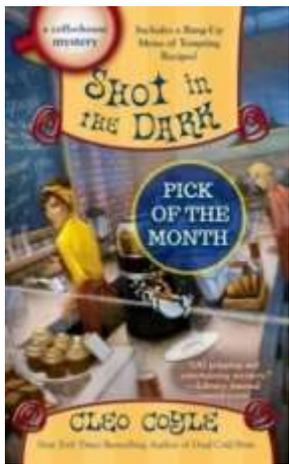


*Eat with joy! ~ Cleo*

The [Coffeehouse Mysteries](http://www.CoffeehouseMystery.com) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at [www.CoffeehouseMystery.com](http://www.CoffeehouseMystery.com) And her recipe blog at [www.CleoCoyleRecipes.com](http://www.CleoCoyleRecipes.com)



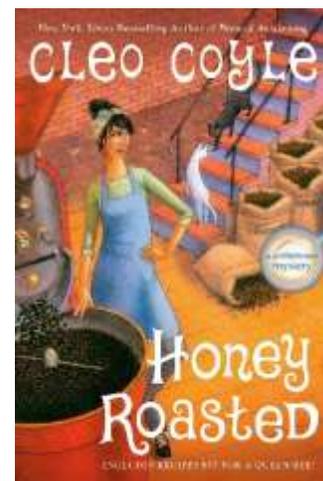
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