



FIXATE RECIPES

APPLESAUCE CAKE

Serves: 8 (1 slice each)

VG

Total Time: 60 min.

Prep Time: 25 min.

Cooking Time: 35 min.

FOR CAKE:

1½ cups whole wheat flour
½ cup light brown sugar
2 tsp. baking powder
1 tsp. ground cinnamon
¾ tsp. sea salt (or Himalayan salt)
1 cup unsweetened coconut milk beverage
1 cup unsweetened applesauce
¼ cup + 1 Tbsp. unsalted organic grass-fed butter, melted

FOR FROSTING:

¼ cup unsweetened applesauce
1 Tbsp. light brown sugar
1 dash ground cinnamon
1 pinch ground allspice
1 pinch ground ginger
¼ cup reduced-fat (2%) sour cream

SPECIAL EQUIPMENT: Parchment paper • Nonstick cooking spray • 8 x 8-inch springform cake pan

1. Preheat oven to 350° F.
2. Lightly coat an 8 x 8-inch springform cake pan with spray; line with parchment paper. Set aside.
3. To make cake, add flour, brown sugar, baking powder, cinnamon, and salt in a large mixing bowl; stir to combine. Set aside.
4. Add coconut milk, applesauce, and butter to a small mixing bowl; whisk to combine.
5. Add coconut mixture to flour mixture; stir until just combined. Pour batter in prepared pan. Bake for 25 to 30 minutes, or until a toothpick inserted into center comes out clean. Allow to cool completely in pan before frosting.
6. While cake bakes, make frosting by adding applesauce, brown sugar, cinnamon, allspice, and ginger to a small saucepan over medium heat; bring to a gentle boil. Cook, stirring often, for 5 minutes, or until thick and lightly caramelized.
7. Add sour cream to a medium mixing bowl. Add frosting mixture, whisking constantly, 1 Tbsp. at a time, to slowly warm sour cream. Chill in refrigerator until ready to use.
8. Once cake is cool, spread frosting on top. Divide into 8 equal pieces. Serve.

RECIPE NOTE:

If you are not serving the entire cake, it's a good idea to keep the frosting in an airtight container in the refrigerator and frost each piece at the time of serving (1 Tbsp. frosting per slice).

Nutritional Information (per serving):

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| Calories: | 237 | Cholesterol: | 22 mg | Fiber: | 3 g |
| Total Fat: | 9 g | Sodium: | 357 mg | Sugars: | 19 g |
| Saturated Fat: | 6 g | Carbohydrates: | 37 g | Protein: | 4 g |



Container Equivalents (per serving)

■ 1½ — 2

Recipes containing the VG icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.