

# Apple Cake

Serves 12

2 eggs  
¾ teaspoon vanilla  
¾ cup applesauce  
4 cups sliced and cored apples, washed  
2 cups sugar  
2 cups flour  
1½ teaspoons baking soda  
2 teaspoons cinnamon or apple spice seasoning mix

## TIPS:

- Keep the peel on the apple for added fiber.
- A low-fat delicious dessert.
- Enjoy at breakfast, too.

## Nutrition Facts:

Serving size: ½ piece of cake; Calories: 240; Fruits and Vegetables: ½ serving; Fat: 0 g; Fiber: 2 g

1. Preheat oven to 300°F.
2. Wash, core and slice apples.
3. Mix together eggs, vanilla, and applesauce (wet ingredients).
4. In a separate large bowl, mix apples, sugar, flour, baking soda, and cinnamon, (dry ingredients).
5. Add wet ingredients to dry ingredients and stir until blended.
6. Pour mixture into a 9"x12" pan and bake for 50 minutes or until a knife or toothpick inserted into the center of the cake comes out clean.



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