

# Raw Apple Cake

## Ingredients

- Apples, Cored, Peeled and Diced – 3 Cups / 11 oz
- Granulated Sugar or Brown Sugar , 1 Cup / 7oz
- Vegetable Oil – 1/2 Cup / 4oz
- Egg, lightly beaten – 2 each / 4oz
- Vanilla – 1 1/2 tsp
- Whole Wheat Flour – 1 1/2 Cup / 9.5 oz
  - Or – 1 Cup Whole Wheat and 1/2 Cup All-Purpose
- Baking Soda – 1 1/2 tsp
- Cinnamon – 1 1/2 tsp
- Salt – 1 1/2 tsp



## Directions

1. Preheat the oven to 325 F.
2. Add the first five ingredients together in a mixing bowl.
3. In a second bowl, whisk together the dry ingredients and spices.
4. Combine the dry ingredients with the wet ingredients, stirring to combine.
5. Place the batter in a 9" round cake pan, prepared with butter or pan spray.
6. Bake for 50 to 60 minutes, or until a skewer comes out clean in the center of the cake  
(probe thermometer should register a minimum of 195 at the center.)

## Notes, Tricks & Tips

- This Cake bakes well as a doubled recipe in a 2" hotel pan.
- This Cake is great on day two and three due to the oil in the ingredients – the Cake remains moist.
- Adjust time accordingly for convection ovens

### Serving Size & Crediting

12 slices

1/8 cup fruit

0.25 M/MA

.75 oz eq grains