

QUICK & EASY APPLE CAKE

INGREDIENTS

- 1/2 C Earth Balance margarine for baking **OR** applesauce
- 1/4 C Egg substitute
- 1 1/2 t Baking powder
- 1/2 t Nutmeg
- 3 C Apples (chopped)
- 1 C Splenda sugar substitute cup for cup
- 1 C Whole wheat pastry flour **OR** gluten-free flour of your choice
- 1 t Cinnamon
- 1 t Salt
- 1/2 C Nuts (chopped)
- Non-stick cooking spray



DIRECTIONS

- 1 Pre-heat oven to 350 F & spray an 8 x 8 pyrex dish with non-stick cooking spray
- 2 Cream the margarine & sugar substitute until light & fluffy
- 3 Add egg substitute & mix thoroughly
- 4 In a separate bowl, sift the dry ingredients & then mix into the creamy mix a small amount at a time
- 5 Fold apples & nuts into the mix
- 6 Bake for 45 minutes or until toothpick comes out dry

