

FEATURED RECIPE:

Apple Coffee Cake

Ingredients

- 5 cups apple (tart, cored, peeled, and chopped)
- 1 cup sugar
- 1 cup raisins (dark)
- 1/2 cup pecans (chopped)
- 1/4 cup vegetable oil
- 2 teaspoons vanilla
- 1 egg (beaten)
- 2 1/2 cups all-purpose flour (sifted)
- 1 1/2 teaspoon of baking soda
- 2 teaspoons cinnamon (ground)



Directions

Preheat oven to 350°F. Lightly oil a 13-by-9 inch pan. In a large mixing bowl, combine apples with sugar, raisins, and pecans. Mix well, let stand 30 minutes. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon. Stir into apple mixture about a third at a time. Just enough to moisten dry ingredients. Turn batter into pan. Bake 35–40 minutes. Cool cake slightly before serving.

Makes 20 servings.

Per serving: 180 calories, 5 g total fat, 100 mg sodium, 33 g carbs, 1 g fiber, 3 g protein

Used with permission from the US Department of Health and Human Services, A Healthier You, based on the Dietary Guidelines for Americans.

