



Recipe Corner

“One of my family's favorite activities is going apple picking together in the fall. The six of us make a day out of our trip. We drive to the country and march through the apple orchard together looking for the biggest, juiciest apples we can find. For some reason, the apples at the top of the tree seem the best and lead to a challenge on how to get them without killing ourselves or bruising the apples. We tend to choose apples that are a little tart, but there are always many varieties to choose from. I must admit that we probably eat as many apples in the orchard as we bring home. Nothing screams "fall" like a fresh, crisp apple outdoors on a cool day. They are delicious plain or as an after school snack topped with peanut butter or caramel. Of course we must make a few apple pies each season, but the apple cake recipe that follows is one of our favorites. It can be served anytime from breakfast to dessert. Either way, it doesn't last long. I hope you enjoy it as much as we do!”

Cathy Powers, RD, CCRC

APPLE CAKE

(Serves 12)

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| Batter Ingredients: | 2 cups sugar | 1 cup vegetable oil |
| | 3 cups flour | 4 eggs |
| | 3 tsp baking powder | ¼ cup orange juice |
| | 1 tsp salt | 1 tbsp vanilla extract |

Combine dry ingredients in a bowl and form a “well” in the middle. In a separate bowl mix oil, eggs, orange juice and vanilla extract. Then pour into the “well” of dry ingredients. Mix well.

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| Combine for filling: | 6 apples sliced (may use more) |
| | 5 tbsp sugar |
| | 5 tsp cinnamon |

Grease a bundt or tube pan (may use vegetable oil spray). Pour in 1/3 of cake batter. Add apple mixture trying not to touch apples to sides of pan. Add the rest of the batter. Bake at 350° for about 65 minutes or until toothpick comes out clean. (Baking time can vary depending on your oven.) Cool and remove by flipping upside down out of pan. Sprinkle with confectioner's sugar (optional). Serve and enjoy.

Nutritional analysis: 1 serving provides 490 calories, 6 gm protein, 21 gm fat and 3 gm fiber (includes apple peel)

Try these variations for extra nutrition and calories for CF: add chopped nuts or raisins, frost with butter cream or cream cheese frosting or top with whipped cream or ice cream.