



APPLE SPICE CAKE

ingredients:

Vegetable oil cooking spray
1/2 cup chopped pecans
1 Tablespoon rum extract
1/3 cup water
3/4 cup golden raisins
1/4 cup granulated sugar
1 cup dark brown sugar, packed
1/2 cup honey
3 eggs
1/2 cup applesauce
1/4 cup canola oil
2 teaspoons pure vanilla extract

1 cup whole wheat flour
1 1/2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1/8 teaspoon ground cloves
1 1/2 pounds Granny Smith apples,
peeled, cored, and 1/4-inch-diced
(3 to 4 apples)
8-ounce container of frozen, fat-free
whipped topping, thawed

Yield: 16 servings

Nutrition Information Per Serving:

307 Calories
8 grams Fat
1 gram Saturated Fat
43 mg Cholesterol
99 mg Sodium
56 grams Carbohydrates
3 grams Fiber
5 grams Protein

Food exchanges:
3 bread, 1 fruit, 2 fat

directions:

1. Preheat oven to 350° F. Spray a 9-by-13-inch cake pan with vegetable oil cooking spray.
2. Place pecans on a rimmed sheet pan and toast them in the preheated oven for about 5 minutes, until lightly toasted. Set aside.
3. In a small bowl, combine rum extract, water and raisins. Microwave for 60 seconds. Set aside.
4. In a medium bowl, combine granulated sugar, brown sugar, honey, eggs, applesauce, canola oil, and vanilla. Using an electric mixer, beat on medium speed for 3 minutes.
5. Sift the flours, baking powder, salt, cinnamon, nutmeg, ginger, and cloves into a medium bowl. With the mixer on low, slowly add the flour mixture to the wet mixture, until just combined.
6. Drain raisins and discard liquid. With a rubber spatula, fold the raisins, pecans, and apples into the batter.
7. Spread into the prepared cake pan and smooth the top. Bake for 35 to 40 minutes, until a toothpick inserted in the center comes out clean.
8. Let cool, cut into squares, and serve warm or at room temperature topped with about 2 Tablespoons of fat-free whipped topping.



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