



Apple Cinnamon Cake

Recipe Source: Test Kitchen Staff

Makes one 9x13 cake

Ingredients:

1 $\frac{3}{4}$ cup sugar

2 eggs

$\frac{1}{2}$ cup oil

(Mix and add)

1 cup whole wheat flour or whole wheat pastry flour

1 cup all-purpose flour

2 tsp baking soda

2 tsp cinnamon

1 tsp salt

4 cups chopped raw apples

2 tsp vanilla

Steps:

- Mix well.
- Bake 1 hour at 350 degrees in a 9x13 glass baking dish.

Tips from the Test Kitchen: Serve with a small dollop of whipped cream, if desired.

Nutritional Facts (per serving): Calories: 197, Carbohydrates: 22 grams, Protein: 4 grams, Total Fat: 11 grams, Saturated Fat: 1 gram, Cholesterol: 31 mg, Sodium: 416 mg, Fiber: 3 grams, Total Sugars: 5 grams.