



Apple Coffee Cake

Serving size: 3½- by 2½-inch piece

Yield: 20 servings

Ingredients:

5 cups tart apples, cored, peeled, and chopped

1 cup sugar

1 cup dark raisins

½ cup pecans, chopped

¼ cup vegetable oil

2 teaspoon vanilla

1 egg, beaten

2½ cups all-purpose flour, sifted

1½ teaspoon baking soda

2 teaspoon ground cinnamon



Directions:

1. Preheat oven to 350° F.
2. Lightly oil a 13- by 9- by 2-inch pan.
3. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about ⅓ at a time, just enough to moisten dry ingredients.
5. Turn batter into pan. Bake 35-40 minutes. Cool cake slightly before serving.

Nutrition Facts: Calories: 196; Total fat: 8 g; Saturated fat: 1 g; Cholesterol: 11 mg; Sodium: 67 mg; Fiber: 2 g; Protein: 3 g; Carbohydrate: 31 g; Potassium: 136 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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