

Applesauce Loaf Cake

Serving Size: 1/16th of recipe

Yield: 16 servings

Ingredients:

	1 teaspoon vanilla extract
	2 cups all purpose flour
1/2 cup chopped walnuts (optional)	2 teaspoons baking soda
1 1/2 cups applesauce	1/2 teaspoon ground cinnamon
1 egg	1/2 teaspoon ground nutmeg
1 cup sugar	1 cup raisins
2 Tablespoons oil	

Instructions:

1. Wash hands well with soap and warm water.
2. Pre-heat the oven to 350 degrees. Grease 2 (8x4x2 inch) loaf pans.
3. Toast walnuts in an ungreased skillet pan. Stir while heating on medium-low heat for 5-7 minutes. They are done when they are brown and smell nutty. Set aside to cool. (optional)
4. Mix applesauce, egg, sugar, oil and vanilla in a large bowl.
5. Mix flour, baking soda, cinnamon, and nutmeg together in a smaller bowl.
6. Pour flour mixture into applesauce mixture.
7. Stir in raisins and cooled toasted nuts.
8. Pour half of the batter into each greased pan. Bake for 45-55 minutes.
9. Remove cakes from the oven. Cool for 10 minutes. Remove from pans to finish cooling. For best taste, let cakes cool a few hours before serving.

Applesauce Loaf Cake (continued)

Apples are high in fiber and a good source of Vitamin C.

Cost:

Per Recipe: \$2.56

Per Serving: .16¢

Source:

Food Stamp Nutrition Connection Recipe Finder

<http://recipefinder.nal.usda.gov/>

Adapted from:

Food Wise Learn at Home Print Materials

Rutgers Cooperative Extension



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