



Take a healthy break with this apple coffee cake

Apple coffee cake

Raisins and apples keep the cake deliciously moist – this means less oil and fewer calories (less than 200 calories and only 8 grams of fat per serving).

5 cups tart apples, cored, peeled and chopped

1 cup sugar

1 cup dark raisins

½ cup pecans, chopped

¼ cup vegetable oil

2 tsps vanilla

1 egg, beaten

2 cups all-purpose flour, sifted

1 tsp baking soda

2 tsps ground cinnamon

1. Preheat oven to 350° F. Lightly oil 13 x 9 x 2 inch pan.
2. In large mixing bowl, combine apples with sugar, raisins and pecans. Mix well and let stand for 30 minutes.
3. Stir in oil, vanilla and egg.

4. Sift together flour, soda and cinnamon, and stir into apple mixture about one-third at a time – just enough to moisten dry ingredients.
5. Turn batter into pan. Bake for 35 to 40 minutes. Cool cake slightly before serving.

Serve garnished with chopped, fresh parsley.

Servings: 20

Serving size: 1 piece equal to 3 ½ inches x 2 ½ inches

Each serving provides:

Calories: 188

Total fat: 5 g

Saturated fat: less than 1 g

Cholesterol: 11 mg

Sodium: 68 mg

Source: National Heart, Lung, and Blood Institute website: *When Delicious Meets Nutritious: Recipes for Heart Health* (January 2005); nhlbi.nih.gov.

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