



Apple Coffee Cake

Filling and topping:

- 2 Tbsp cinnamon
- 5 Tbsp sugar or Splenda®
- 5-6 cups firm apples, cored and sliced into 1-inch pieces

Cake:

- 2 cups sugar or Splenda®
- 4 tsp vanilla
- 1 cup unsweetened applesauce
- ½ cup orange juice
- 4 egg equivalents
- 3 cups unbleached all-purpose flour
- 1 Tbsp baking powder
- 1 tsp nutmeg

Preheat oven to 350. Grease a 12-cup Bundt or ring-shaped cake pan.

Mix cinnamon and sugar; set aside 1 tablespoon. Toss apples with remaining mix.

In separate bowl, whisk together wet ingredients. Combine dry ingredients and then fold into wet mixture.

Spoon about 1/3 of batter into pan. Top with ½ of the apples. Pour in remaining batter and top with remaining apples. Sprinkle top with reserved cinnamon and sugar mix.

Bake for 1 hour, or until done. Allow to cool. Loosen sides with butter knife and invert onto plate for serving.

Makes 12 servings.

Nutrition Facts (Made with Sugar)

Serving Size: One slice

Calories	350
Total Fat	1g
Saturated Fat	0g
Cholesterol	0g
Sodium	180mg
Carbohydrates	75g
Dietary Fiber	3g
Protein	6g

Diabetic Exchanges

Protein	1
Fat	0
Carbohydrates	5

Nutrition Facts (Made with Splenda®)

Serving Size: One slice

Calories	310
Total Fat	1g
Saturated Fat	0g
Cholesterol	0g
Sodium	180mg
Carbohydrates	70g
Dietary Fiber	3g
Protein	6g

Diabetic Exchanges

Protein	1
Fat	0
Carbohydrates	5