



APPLE COFFEE CAKE

5 cups tart apples, cored, peeled and chopped
1 cup sugar
1 cup raisins
½ cup pecans
¼ cup canola oil
1 egg, beaten
2 teaspoons vanilla
2 ½ cups sifted soft wheat pastry flour* (such as White Lily or Weisenberger's)
1 ½ teaspoons baking soda
½ teaspoon salt (optional)
2 teaspoons ground cinnamon

Preheat oven to 350 degrees; lightly oil a 9" X 13" pan.

In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon, and stir into apple mixture, a little at a time—just enough to moisten dry ingredients. Turn batter into pan. Bake 35-40 minutes. Cool cake slightly before serving. Serves 10.

*You may wish to substitute part whole wheat pastry flour for part of the flour. .

**This coffee cake is not overly sweet, and because it has so little oil and sugar, it is pretty healthy.

Adapted from the National Heart, Lung, and Blood Institute recipe