Apple Chunk Cake

Makes 12 servings **(1 serving = 1 piece 1½" x 2")**

Ingredients:

1¼ cups sugar
¼ cup vegetable oil
2 eggs
2 cups flour
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon baking soda
4 cups diced apple chunks
¼ cup applesauce
2 cups sliced apple to place on cake top

Instruction:

1. Preheat oven to 350° F.
2. In a large bowl, mix sugar, oil and eggs together. Beat well.
3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well.
4. Add apple chunks and applesauce to the batter. Stir to combine.
5. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour.
6. Place apple slices on top of apple cake and serve.

Nutrition tips:

As a rule, half of the amount of fat in a dessert recipe can be replaced with applesauce or a puree of another fruit, such as prune puree. The result is a very moist, low-fat cake enhanced by the flavor of fresh and nutritious apples.
The amount of sugar in this recipe has been reduced by one third, as compared to the original recipe.
Use vegetable oil spray to prevent the cake from sticking to the pan.

Nutrition information per serving:

Calories: 239	**Total fat:** 5 g	**Saturated Fat:** 1 g
Cholesterol: 35 mg	**Sodium:** 308 mg	**Fiber:** 1 g
Carbohydrates: 44 g	**Protein:** 3 g	