



Apple-Spice Cake

Makes: 9 servings

Ready in: 1 hr

Serving Size: 1 bar

Carb Per Serving: 29 grams

Ingredients

- Nonstick cooking spray
- 3/4 cup all-purpose flour
- 1/2 cup white whole wheat flour
- 1/4 cup flax seed meal
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/8 teaspoon ground cloves
- 1 egg, lightly beaten
- 1 6 - ounce carton plain low-fat yogurt
- 1/3 cup packed brown sugar or brown sugar substitute* equivalent to 1/3 cup brown sugar
- 1/4 cup unsweetened applesauce
- 3 tablespoons vegetable oil
- 1 tablespoon molasses
- 1 large apple (such as Granny Smith, Braeburn, or Gala), cored and finely chopped (1 cup)
- 2/3 cup frozen light whipped dessert topping, thawed

Directions

1. Preheat oven to 350 degrees F. Lightly coat an 8x8x2-inch baking pan with cooking spray; set aside.
2. In a large bowl, stir together all-purpose flour, white whole wheat flour, flax seed meal, baking powder, 3/4 teaspoon of the cinnamon, the baking soda, ginger, salt, and cloves. In a medium bowl, combine egg, yogurt, brown sugar, applesauce, oil, and molasses. Add egg mixture to flour mixture; stir just until combined. Fold in apple. Spread batter evenly in the prepared baking pan.

3. Bake about 35 minutes or until a toothpick inserted near center comes out clean. Cool slightly on a wire rack.
4. To serve, cut cake into squares. Serve warm. Top each serving with whipped topping and sprinkle with the remaining 1/4 teaspoon cinnamon.

Tip

- *Sugar Substitutes: Choose from Sweet'N Low Brown or Sugar Twin Granulated Brown. Follow package directions to use product amount equivalent to 1/3 cup brown sugar.
- *Sugar Substitutes: PER SERVING WITH SUBSTITUTE: Same as above, except 162 calories, 21 g carb., 184 mg sodium
- *Sugar Substitutes: Exchanges: 1.5 other carb., 1.0 fat
- *Sugar Substitutes: Carb Choices: 1.5

Nutrition Facts Per Serving:

Servings Per Recipe: 9

PER SERVING: 193 cal., 7 g total fat (1 g sat. fat), 25 mg chol., 186 mg sodium, 29 g carb. (2 g fiber, 13 g sugars), 4 g pro.

Diabetic Exchanges:

Fat (d.e): 1; Other Carb (d.e): 2

Source: <http://www.diabeticlivingonline.com/recipe/cakes/apple-spice-cake/>