

Heart Healthy Recipe

DESSERTS

Apple Coffee Cake

Apples and raisins keep this cake delectably moist—which means less oil and more heart health.

- ▢ 5 c tart apples, cored, peeled, chopped
- ▢ 1 c sugar
- ▢ 1 c dark raisins
- ▢ ½ c pecans, chopped
- ▢ ¼ c vegetable oil
- ▢ 2 tsp vanilla
- ▢ 1 egg, beaten
- ▢ 2 c all-purpose flour, sifted
- ▢ 1 tsp baking soda
- ▢ 2 tsp 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 $\frac{1}{3}$ at a time—just enough to moisten dry ingredients.
5. Turn batter into pan. Bake for 35-40 minutes. Cool cake slightly before serving.

Yield: 20 servings Serving size: 3 ½ -inch x 2 ½ -inch piece

Each serving provides:

Calories: 196 Total fat: 8 g Saturated fat: 1 g Cholesterol: 11 mg Sodium: 67 mg Total fiber: 2 g Protein: 3 g Carbohydrates: 31 g Potassium: 136 mg

Source:

www.nih.gov

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