



Makes one 9-inch square cake
Preparation Time: 15 minutes
Cook Time: 30 minutes

INGREDIENTS:

2 cups rolled oats

6 tablespoons flaxseed meal

1 tablespoon apple pie spice
(tip, above)

1 teaspoon regular or sodium-free
baking powder

1 teaspoon baking soda

1 teaspoon vanilla powder
(optional)

3 unpeeled apples, cored and
thinly sliced (about 3 cups)

1½ cups unsweetened
applesauce

2 oz. dried apple rings (about 1
cup packed), finely snipped

Triple Apple Cake

This apple cake is so delicious, sweet, and moist that people won't believe it's free of sugar, oil, and flour. It can be served at room temperature, but the texture gets even better after chilling.

Tip: No apple pie spice blend on hand? Make your own by mixing 2½ teaspoons ground cinnamon with ½ teaspoon ground nutmeg.

By Chef AJ

- 1 Preheat oven to 350°F. In a large bowl stir together the first six ingredients (through vanilla powder). Add apples, applesauce, and dried apple; mix well. Pour batter into a 9-inch square silicone baking pan, spreading evenly.
- 2 Bake 30 to 35 minutes or until center is set. Cool in pan on a wire rack 10 minutes. Remove from pan and cool completely on wire rack. For best texture, chill at least 1 hour before serving. If desired, sprinkle with additional apple pie spice.