



Makes one 8-inch round cake
Preparation Time: 1 hours
Cook Time: 15 minutes

INGREDIENTS:

2 tablespoons flaxseed meal

1½ cups whole wheat pastry flour or white whole wheat flour

1 tablespoon cornstarch

1½ teaspoon regular or sodium-free baking powder

1½ teaspoon apple pie spice

½ teaspoon baking soda

½ teaspoon sea salt

¾ cup unsweetened applesauce

1 medium cooking apple, cored and coarsely shredded (1 cup)

¾ cup pure maple syrup

1 teaspoon pure vanilla extract

1 cup balsamic vinegar

1 teaspoon grated fresh ginger

9 fresh figs, rinsed and halved lengthwise (see tip, recipe intro)

1 recipe Maple Whipped Aquafaba (optional) (see tip, recipe intro)

Vegan Apple Cake with Maple-Glazed Figs

This warmly spiced vegan apple cake is an autumn gem. The batter features shredded apple, maple syrup, and applesauce for moisture and wholesome sweetness. Fresh **figs**, coated in a glossy maple-balsamic glaze and spiked with hints of fresh ginger, are spooned on top just before serving, creating a rustic yet refined **dessert** that's perfect for any festive celebration. If you want to go all out, top it off with Maple Whipped Aquafaba (recipe below).

Tips

No fresh figs? If fresh figs are not available, substitute dried figs. Soak nine dried figs in enough very hot water to cover 10 minutes; drain. Coarsely chop figs before stirring into the glaze.

Shredding the apple: To core the apple, slice it into quarters and cut out the seed pocket from each piece. Then grate the quarters on the large holes of a box grater. Use immediately to prevent browning.

Maple Whipped Aquafaba Recipe: In a medium bowl beat ⅓ cup aquafaba (liquid from canned no-salt-added chickpeas) with an electric mixer on medium to high until foamy. Add ⅛ teaspoon cream of tartar. Beat until soft peaks form (tips curl). Add 1 tablespoon pure maple syrup and ½ teaspoon pure vanilla extract. Beat until stiff peaks form (tips stand straight).

Make-ahead: Store cake in an airtight container in the refrigerator up to 3 days.

By Laura Marzen, RD, LD

- 1 Preheat oven to 350°F. Line an 8-inch round cake pan with parchment paper or use a silicone cake pan. In a medium bowl stir together flaxseed meal and ⅓ cup water; let stand 10 minutes.
- 2 In a large bowl stir together the next six ingredients (through salt). To the flaxseed mixture, add applesauce, shredded apple, ½ cup of the maple syrup, and the vanilla; stir to combine. Add apple mixture to flour mixture; stir just until well combined. Spoon into prepared cake pan, spreading evenly.
- 3 Bake 25 to 30 minutes or until a toothpick inserted in center comes out clean. Cool slightly in pan on a wire rack. Using a thin metal spatula, loosen edges of cake from side of pan; remove cake from pan. Place on a cake plate.
- 4 Meanwhile, for maple glaze, in a small saucepan combine the remaining ¼ cup maple syrup, the vinegar, and ginger. Bring to boiling; reduce heat. Simmer, uncovered, 12 minutes or until reduced to ⅓ cup (watch closely at the end). Transfer to a medium bowl; cool slightly.
- 5 Add figs to maple glaze, stirring gently to coat. Just before serving, spoon glazed figs over cake. If you like, top with Maple

Whipped Aquafaba (recipe in intro).