

APPLE COFFEE CAKE

Apples and raisins provide the moistness, which means less oil can be used in this low saturated fat, low cholesterol, and low sodium coffee cake.

5 C tart apples, cored, peeled, chopped
1 C sugar
1 C dark raisins
1/2 C pecans, chopped
1/4 C vegetable oil
2 tsp vanilla
1 egg, beaten
2-1/2 C sifted all-purpose flour
1-1/2 tsp baking soda
2 tsp ground cinnamon

1. Preheat oven to 350° F.
2. Lightly oil a 13x9x2-inch pan.
3. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about 1/3 at a time just enough to moisten dry ingredients.
5. Turn batter into pan. Bake 35 to 40 minutes. Cool cake slightly before serving.

Yield: 20 servings--Serving Size: 3-1/2-inch x 2-1/2-inch piece

Each serving provides:

Calories: 188

Total fat: 5 g

Saturated fat: less than 1 g

Cholesterol: 11 mg

Sodium: 68 mg

Source: <http://www.nhlbi.nih.gov/health/public/heart/other/syah/appcofck.htm>