



Baked Apples Filled with Applesauce Spice Cake

Recipes Courtesy Chef Bryan Woolley

*Note: Although this recipe contains many healthy ingredients, Check Your Health suggests reducing calories, fat, carbohydrates and cholesterol by using Splenda™ in place of the honey, eliminating or reducing the amount of nuts and using an egg substitute like Egg Beaters™ instead of whole eggs.

6 large apples for baking

1 tbsp olive oil

1. Using a small knife, carefully hollow out a good portion of the apple. Repeat with all the baking apples.
2. Place apples in large baking pan and brush with olive oil.
3. Filled each apple about $\frac{3}{4}$ full of Applesauce Spice Cake batter.
4. Place prepared apples into a 350-degree oven for about 30 minutes or until a toothpick inserted into the cake comes out clean.
5. Cut apples in half. Lightly spoon fresh applesauce over cake-filled baked apples and serve.

Applesauce

6 golden delicious apples, peeled, seeded, and chopped up

$\frac{3}{4}$ cup honey*

1 tbsp cinnamon

1 tsp nutmeg

$\frac{1}{2}$ cup apple juice

1. Combine all ingredients into a heavy bottomed saucepan and bring ingredients to a boil. Reduce the heat to a simmer, cover the pan and let simmer for about 30 minutes or until the apples are soft.
2. Using a "potato masher" lightly smash the apples into small pieces.
3. Serve and enjoy!

Applesauce Spice Cake

1 1/2 cups honey*

2 cups applesauce

$\frac{1}{4}$ cup olive oil

3 large eggs*

2 teaspoons vanilla extract

2 1/4 cups all-purpose flour

1 tsp baking soda

1 tsp salt

$\frac{1}{2}$ tsp baking powder

1 tsp ground cinnamon

$\frac{1}{2}$ tsp ground nutmeg

$\frac{1}{4}$ tsp ground allspice

1 cup chopped raisins

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1 cup chopped pecans*

1. Combine all ingredients into a large bowl and mix together until well combined. Set aside until ready to use.

Nutrition Facts*

Serving size: ½ apple with cake and sauce

Calories	520
Total Fat	14g
Saturated Fat	2g
Cholesterol	53mg
Sodium	341mg
Carbohydrate	100g
Dietary Fiber	5g
Protein	6g

Diabetic Exchanges

Protein	1
Fat	3
Carbohydrate	7

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