

Apple Coffee Cake

Yield: 8 servings

2 cups flour	½ cup applesauce
1¼ cup sugar	or ½ cup vegetable oil
1½ tsp ground cinnamon	⅓ cup apple juice
1¼ tsp baking soda	2 cups peeled and chopped apples
½ tsp salt	¼ cup brown sugar, packed
¼ tsp ground cloves	¼ cup chopped walnuts or pecans, optional
¼ tsp ground nutmeg	¼ cup raisins, plumped butter for pan
2 eggs, beaten	
1 tsp vanilla	

Preheat oven to 350° F. Sift together flour, sugar, cinnamon, baking soda, salt, cloves, and nutmeg into mixing bowl. Stir to blend. Add the beaten eggs, vanilla, applesauce, and apple juice. Stir just until blended. Fold in chopped apples. Spoon batter into a buttered 8-inch-square baking pan.

Combine brown sugar, raisins, and nut meats. Sprinkle evenly over the top of batter. Bake for 40 to 45 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Crème Topping

Yield: 6 servings

1 cup cottage cheese	2 Tbsp vanilla
2 Tbsp milk (skim, 2%, or whole)	3 Tbsp sugar
	¼ tsp lemon extract

In a blender combine all ingredients. Blend until smooth. Chill. Can be used as a dip for fruit or on top of pies, fruit desserts, or cakes. For a variation, try coconut, almond, or orange extract in place of the lemon.