



# Apple Spice Bundt Cake



Estimated Time: 60 mins

## Ingredients

- 1 ½ cups All Purpose flour
- 1 ½ cups cake flour
- 1 cup Truvia®
- 2 teaspoons low-sodium baking powder
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- 3 Granny Smith Apples, peeled, cored & sliced
- 3 egg whites
- ½ cup water
- ⅓ cup light olive oil
- 3 tablespoons maple sugar

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Nutrition Per Serving

16 Servings (1 slice per serving)

Calories .....	145
Protein .....	3g
Total Carbohydrates .....	25g
Net .....	24.1g
Sugar .....	5.4g
Fiber .....	0.9g
Total Fat .....	4.5g
Saturated Fat .....	0.7g
Polyunsaturated Fat .....	0.6g
Monounsaturated Fat .....	3.1g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	12mg
Potassium .....	112mg
Phosphorus .....	47.9mg
Calcium .....	23.7mg

## Directions

1. Pre-heat oven to 350°F. Then, combine dry mix ingredients and begin to sift in a large mixing bowl (Note: Cake mix may be stored up to month).
2. Microwave apple slices for 5 minutes on high. Then, let the apple slices cool for a few minutes.
3. In a bowl, mix egg whites, cake mix, water, and oil.
4. Beat the mixture for 1 minute on low speed. Whip down the sides of the bowl and beat the mixture for 2 more minutes on medium-high speed, creating a batter.
5. Mix the soft apple slices into the batter, and then pour the cake batter into a non-stick Bundt pan.
6. Bake the cake for 60-70 minutes (Note: There is very little sugar added, so the cake will not brown).
7. Remove from oven and let cake cool for 10 minutes.
8. Turn the cake over onto a plate and let cool to room temperature before drizzling a coat of maple sugar over top before serving.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.

Recipe provided by  
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