

APPLE CAKE

INGREDIENTS

2 cups flour
1 tbs baking powder
1 tsp baking soda
1 tsp cinnamon
¼ tsp salt
3 large eggs
1 large egg white
1 cup sugar
1.5 cup apples, mashed or applesauce
½ cup non-fat vanilla yogurt
1 tbs vanilla



PREPARATION

In a medium bowl, sift flour, baking powder, baking soda, cinnamon, and salt together. Set aside.

In a large bowl, beat eggs and egg white with an electric mixer at high speed for 4 minutes until very light and fluffy.

Add sugar and beat for an additional 3 minutes.

Add apples and beat well to combine.

Mix in yogurt and vanilla. Using a rubber spatula, gently fold in flour mixture.

Pour batter into a 10-cup pan of your choice.

Cover pan tightly with aluminum foil and place on metal rack in steam oven or directly on floor of oven.

Steam for 1 hour on CUSTOM or COOK mode, adding time as necessary until cake is set.

Cool in pan for 10 minutes; then turn cake out onto rack to cool completely.