

APPLE CRUMBLE COFFEE CAKE

June 10, 2009

Vegetable oil spray
2 medium Granny Smith apples,
peeled and thinly sliced
2 tablespoons unsweetened apple juice
1 tablespoon honey
1 teaspoon ground cinnamon
1 ½ cups all-purpose flour
⅓ cup sugar
2 ½ teaspoons baking powder
½ cup fat-free milk
¼ cup unsweetened milk
¼ cup unsweetened applesauce

Egg substitute equivalent to 1 egg,
or 1 large egg
1 tablespoon canola oil
½ cup quick-cooking oatmeal
3 tablespoons light brown sugar
3 tablespoons chopped pecans
1 teaspoon ground cinnamon
2 tablespoons light tub margarine,
softened

1. Preheat the oven to 375°. Lightly spray an 8-inch square baking pan with vegetable oil spray. Set aside.
2. Heat a medium nonstick skillet over medium heat. Cook the apples and apple juice for 4 to 5 minutes, or until the apples are tender-crisp, stirring occasionally.
3. Stir in the honey and cinnamon. Cook for 1 to 2 minutes, or until the cinnamon is distributed throughout the apples and the mixture is warmed through, stirring occasionally.
4. Put the prepared pan on a cooling rack. Pour the apple mixture into the pan. Let cool for 5 minutes.
5. In a medium bowl, stir together the flour, sugar and baking powder. Make a well in the center.
6. Add the milk, applesauce, egg substitute, and canola oil to the well, stirring just until the flour mixture is moistened. Don't overmix; the batter will be slightly lumpy.
7. In a small bowl, stir together the remaining ingredients with a fork. Sprinkle over the coffee cake.
8. Bake for 25 to 30 minutes, or until a toothpick inserted in the center comes out clean. Let the pan cool on a cooling rack for 15 minutes before cutting the coffee cake into squares.

Nutrition Facts per serving

Exchanges: ½ Fat, 1 ½ Carbohydrate

Calories 120, Calories from Fat 25, **Total Fat** 3 g, Saturated Fat 0.2 g, Polyunsaturated Fat 0.8g, Monounsaturated Fat 1.5g, **Cholesterol** 0 mg, **Sodium** 81 mg, **Total Carbohydrate** 22 g, Dietary Fiber 1g, Sugars 11 g, **Protein** 2 g



CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

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