



---

## Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

---

*If Veterans don't help Veterans, who will?*

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## ***Old Fashioned No-Fat Apple Cake***

2 1/2 Cups all-purpose flour  
1 Cup sugar  
1 Tsp baking soda  
2 1/4 Tsp cinnamon  
1/4 Tsp ground nutmeg  
1/8 Tsp mace  
1 Egg  
2 Egg whites  
1 Tsp vanilla  
1/2 Cup applesauce  
1/2 Cup buttermilk  
1 1/2 Cups tart apples; diced  
1/2 Cups raisins  
Brown sugar

- 1) Sift together flour, sugar, baking soda and spices.
- 2) In mixer bowl put egg, egg whites, vanilla, apple sauce and milk.
- 3) Mix with electric mixer.
- 4) Gradually add dry ingredients, blending well.
- 5) Stir in apples and raisins by hand.
- 6) Pour batter into 8x8 pan that has been sprayed with Pam.
- 7) Sprinkle with brown sugar.
- 8) Bake in preheated 350 degree oven for about 50 minutes.

Makes 9 Servings