

APPLE, RAISIN and WALNUT BUNDT CAKE

SERVES: 16 | SERVING SIZE: 1 slice | PREP: 20 minutes | READY: 1 hour and 45 minutes

INGREDIENTS

- Nonstick baking spray with flour (such as Baker's Joy)
- 4 cups unpeeled, diced apples (such as Honeycrisp or Pink Lady)
- 1 3/4 cups granulated sugar, divided
- 1 cup all-purpose flour
- 1 cup white whole-wheat flour
- 2 tablespoons ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup plain low-fat Greek yogurt (such as FAGE Total 2%)
- 1/4 cup neutral oil (such as canola or vegetable oil)
- 2 large eggs
- 2 teaspoons vanilla extract
- 1/2 cup raisins
- 1/2 cup walnut halves, chopped
- 1 to 2 tablespoons powdered sugar



DIRECTIONS

Preheat oven to 350 degrees. Generously spray a Bundt pan with floured baking spray; set aside. In a large bowl, toss together apples and 1/4 cup granulated sugar and set aside while preparing remaining ingredients.

In a separate bowl, combine all-purpose flour, whole-wheat flour, cinnamon, baking powder, baking soda, and salt.

In a large bowl, stir together remaining granulated sugar (1 1/2 cups), yogurt, oil, eggs, and vanilla extract. Add flour mixture to sugar and yogurt mixture and stir until just combined. Add diced apple and sugar mixture, raisins, and walnuts to batter and stir until just combined. Pour batter into prepared pan. Bake 45 to 55 minutes or until a wooden pick inserted in center comes out clean.

Allow cake to cool 20 to 30 minutes. Turn cake out of pan and cool completely. Dust with powdered sugar just before serving.

Cook's note: When making this cake, be sure to leave the peel on the apples as it offers nutritional benefits including fiber and phytonutrients.

NUTRITION INFORMATION PER SERVING

236 calories, 6 g total fat, 1 g saturated fat, 0 g trans fat, 23 mg cholesterol, 115 mg sodium, 43 g total carbohydrate, 3 g dietary fiber, 29 g total sugars, 21 g added sugars, 4 g protein, 0 mcg (0%) vitamin D, 32 mg (2%) calcium, 1 mg (6%) iron, 98 mg (2%) potassium

