

Apple Butterscotch Cake

Makes 15 servings

- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3/4 cup granulated sugar
- 1/4 cup ground flaxseed or wheat germ
- 1 teaspoon baking powder
- 1 teaspoon pumpkin pie spice or cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 large omega-3 eggs, beaten
- 1/2 cup unsweetened applesauce
- 1/2 cup canola oil
- 2 large Golden Delicious apples, unpeeled, cut into quarters, cored, and coarsely grated (about 2 packed cups)
- 1/3 cup butterscotch chips

Heat the oven to 350°F. Spray a 9 X 13-inch baking pan with nonstick cooking spray and set aside. Whisk together the two kinds of flour, sugar, flaxseed, baking powder, pumpkin pie spice, baking soda, and salt in a large bowl. Whisk together the eggs, applesauce, and oil in a separate bowl. Stir in the apples until well blended. Pour the liquid ingredients over the dry ingredients and stir until just moistened. Stir in the butterscotch chips. Pour the batter into the prepared baking pan; smooth with a rubber spatula. Bake about 35 minutes, or until the top is golden and a toothpick inserted in the center comes out clean. Cool on a rack before cutting.

Nutrition Information per Serving: 220 calories, 11g fat (3g saturated fat), 160mg sodium, 28g carbohydrates, 2g fiber, 4g protein