

Applesauce Cake

2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
½ teaspoon salt
1 ½ cups unsweetened applesauce
¾ cup brown sugar twin
2 eggs
1 teaspoon vanilla extract
½ cup raisins

Preheat oven to 350 degrees F. Spray an 8 x 4 inch loaf pan with cooking spray. Sift together the flour, baking powder, baking soda, cinnamon, nutmeg and salt—set aside. Beat eggs; stir in sugar twin and mix, then add applesauce and vanilla. Add flour mixture to applesauce mixture and beat until smooth. Add raisins. Pour batter into loaf pan and bake at 350 degrees F for 1 hour or until a toothpick inserted into the center comes out clean. Makes 12 servings.

Nutrition information per serving: 125 calories, 3 grams protein, 1 gram fat, 26 grams carbohydrates, 263 mg sodium.