

Apple Spice Cake



Makes:

10 servings

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

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Cake Topping

2

apples, processed, use Cone #3

3

tablespoons

agave nectar

(63

g)

Cake

¹/₆

head green cabbage

1

celery stalk

1

zucchini

1

carrot

1

apple

2

teaspoons

baking powder

(9.2

g)

1

organic cake mix, or 1 ¹/₂ cup (180 g) whole wheat flour and ¹/₄ cup (50 g) raw sugar or agave nectar

Directions:

1. For cake topping, mix apples and agave nectar. Pour mixture in bottom of skillet. Set aside.
2. With the Saladmaster® machine, process all remaining vegetables and fruit, use Cone #1. Combine with cake mix and baking powder in a mixing bowl.
3. Pour cake mixture over the apples and agave nectar in skillet. Place skillet on stove and turn temperature setting to medium heat.
4. When Vapo-Valve? clicks steadily, reduce temperature to low.
5. Cake is ready when tooth pick or knife inserted in center comes out clean, approximately 15 - 20 minutes.
6. Invert cake over onto a plate, cool and serve.

Tips:

- This cake can also be baked in the Electric Oil Core Skillet or 3 Qt. Sauce Pan.

Nutritional Information per Serving

Calories:

243

Total Fat:

0g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

280mg

Total Carbs:

53g

Dietary Fiber:

2g

Sugar:

30g

Protein:

3g