

RECIPE

Hero Vegetable: Apples

Apfelkuchen (German Apple Cake)

Ingredients:

4 cups apples, sliced or roughly chopped

2 cups flour

1 cup sugar

3 eggs

½ cup brown sugar

½ cup oil

½ cup apple sauce

2 tsp ground cinnamon

½ tsp ground cloves

1 tsp baking soda

1 tsp vanilla

½ tsp salt

Directions:

Preheat your oven to 350F. Grease a 13x9 cake pan. Set aside.

In a large mixing bowl, whisk together the dry ingredients. Stir in the eggs, oil, and applesauce. Fold in the apples. Pour into the cake pan and bake for 50 minutes or until a toothpick inserted comes out clean. Cool in the pan for 10 minutes.