

Apple Cake

2 cups diced apples (can substitute Pears or use a combo)

1/2 cup Splenda (1/3 for a less sugary taste)

1 cup whole wheat flour

3/4 tsp. baking soda

1/2 tsp. salt

1-1/2 tsp. cinnamon

1 egg

1/2 cup applesauce

1tsp. vanilla

Preheat oven to 375. Grease a 9" or 10" round pan with a non-stick cooking spray if needed.

Sprinkle diced apples with the sugar, set aside.

In a small bowl, mix the flour, baking soda, salt, and cinnamon. In another bowl, beat the egg. Mix in the apple sauce and vanilla. Stir the flour mixture into the egg mixture, until well mixed. Add apples.

Bake for 35 minutes.