



Fresh Apple Cake

Ingredients:

2 C sugar
1 ½ C vegetable oil
2 t vanilla
2 eggs, well beaten
Juice of ½ lemon
1 t salt
3 C flour
1 ¼ t soda
1 t cinnamon
¼ t nutmeg
3 C apples, peeled and chopped
1 ½ C pecans, chopped (optional)

Directions:

1. Combine sugar, oil, vanilla, eggs, lemon juice, and salt in mixing bowl. Beat well.
2. Mix dry ingredients and add to the sugar mixture, beating well again.
3. Add apples and nuts and mix well by hand.
4. Bake in a greased and floured tube pan for 1 ½ hours at 325°.

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>
<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>