



## DIABETES UK APPLE & CINNAMON CAKE

Inspired by the diabetes UK recipe. This cake is low in sugar but still a sweet treat perfect for autumn.

 20 minutes

 50 minutes

 8 Slices

## INGREDIENTS

- 100 grams of flour, wheat, wholemeal
- 20 grams of sweetener, herbal extract powder from Stevia leaf
- 1 teaspoon of cinnamon, ground (3 g)
- 6 grams of baking powder
- 3 large units of egg, whole, raw, fresh (150 g)
- 30 grams of oatly Barista
- 75 grams of margarine-like, vegetable oil spread, 60% fat, tub, with salt
- 1000 grams of apples, raw, gala, with skin

## COOKING METHOD

- 1° Preheat the oven to 200 degrees or gas mark 6. Grease a 23cm cake tin with a little oil or spread.
- 2° Sift flour into bowl. Add stevia, baking powder and cinnamon and mix together.
- 3° Melt the spread in a pan. Core and chop the apples into large slices.
- 4° Add the eggs, oat milk and melted vegetable spread into the flour and mix.
- 5° Add the apple slices to the mix.
- 6° Pour the mix into the tin and bake in the oven for 35 minutes.
- 7° Once cooked, cool on cooking rack then divide into 8 slices.

## NUTRITIONAL INFORMATION

|                              | PER 100 g | PER SLICE (173 g) | % DRI |
|------------------------------|-----------|-------------------|-------|
| ENERGY                       | 111 kcal  | 192 kcal          | 10 %  |
| PROTEIN                      | 2 g       | 4 g               | 8 %   |
| CARBOHYDRATE                 | 17 g      | 29 g              | 11 %  |
| SUGARS                       | 8 g       | 13 g              | 15 %  |
| FAT                          | 5 g       | 8 g               | 11 %  |
| FATTY ACIDS, TOTAL SATURATED | 1 g       | 2 g               | 9 %   |
| FIBER                        | 3 g       | 4 g               | 17 %  |
| SODIUM                       | 101 mg    | 174 mg            | 7 %   |