



Applesauce Breakfast Cake

Makes 12 servings

Ingredients:

- 1/2 cup margarine
- 1/3 cup granulated sugar
- 1 egg
- 1 1/2 cups flour
- 1 cup uncooked oats (not instant)
- 2 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 cup unsweetened applesauce
- 1/3 cup water
- 1/2 cup chopped walnuts

Directions: Remember to wash your hands.

1. Heat oven to 350 degrees F. Lightly spray a 9-inch baking pan or dish with nonstick cooking spray. Combine flour, oats, baking powder, cinnamon, and salt. Blend with a wire whisk and set aside.
2. In a large mixing bowl, beat together margarine and sugar. Blend in egg. Add flour mixture, applesauce, and water. Mix well. Fold in nuts. Spread evenly in prepared baking dish.
3. Bake 40 - 45 minutes or until golden brown. Cook completely and cut into 12 servings.

Nutrition Facts per serving: Calories - 184; Fat - 8 g; Sodium - 189 mg; Carbohydrate - 25 g.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Sharolyn Jackson, 785-532-2273

**Kansas State University Agricultural Experiment Station
and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.

