



Apple Cake

4 cups, apples-cubed
2 eggs
2 cups sugar
½ cup oil
1 cup walnuts
1 teaspoon vanilla
2 cups flour
1 teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg

Directions

1. Cube apples, add an egg and mix with a fork.
2. Add sugar, vanilla, and nuts, and mix.
3. Add flour, salt and baking soda and mix (add nuts if desired).
4. Add cinnamon and nutmeg, (if desired).
5. In a 13 by 8 inch oblong pan, bake 1 hour at 350 degrees.

Calories 280
Protein 46g
Carbohydrates 118g
Fat 78g
Cholesterol 212mg
Fiber 14g
Sodium 170mg

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