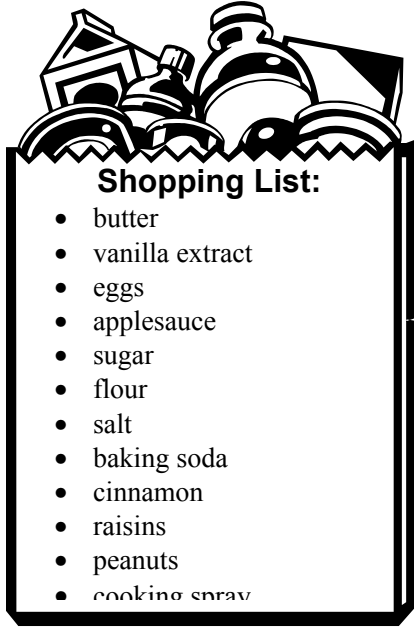





Applesauce Cake

- Ingredients:**
- 1 cup butter
 - 2 teaspoons vanilla extract
 - 3 eggs
 - 1 (16 ounce) can applesauce
 - 2 cups sugar
 - 2 cups flour
 - ¼ teaspoon salt
 - 1 ½ teaspoons baking soda
 - 1 teaspoon cinnamon
 - 1 cup raisins
 - 1 cup chopped peanuts
 - nonstick cooking spray



Shopping List:

- butter
- vanilla extract
- eggs
- applesauce
- sugar
- flour
- salt
- baking soda
- cinnamon
- raisins
- peanuts
- cooking spray

- Equipment:**
- measuring cup and spoons
 - cutting board
 - knife
 - electric mixer
 - large bowl
 - mixing spoon
 - three 9-inch round cake pans
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Directions:

1. Heat oven to 375°F.
2. Cream together butter, sugar, and eggs with electric mixer until smooth.
3. Add vanilla and applesauce and mix well, about 2 minutes.
4. Add remaining ingredients to applesauce mixture and mix well, about 2 minutes.
5. Pour batter into three 9-inch round cake pans lightly coated with nonstick cooking spray. If three cake pans are not available, bake one at a time.
6. Bake for 30 minutes or until toothpick inserted in the center comes out clean.

This recipe takes 30 minutes to prepare plus 30 minutes to bake.
 Makes 8 servings at about \$0.50 per serving.



Nutrition Notes:

Using an electric mixer can save you a lot of work when baking. Electric mixers allow you to beat, mix, cream, and whip ingredients together.

Beating and whipping are brisk, regular mixing motions that lift a mixture over and over to introduce air or to make it mixture smooth.

Creaming is the mixing of fat and sugar until soft and creamy.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 290	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Cholesterol 15mg	5%
Sodium 270mg	11%
Total Carbohydrate 45g	15%
Dietary Fiber 2g	8%
Sugars 20g	
Protein 4g	
Vitamin A 6%	Vitamin C 4%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	