

# Spiced Apple Walnut Cake

8 SERVINGS 40 MINUTES



## INGREDIENTS

1 cup All Purpose Gluten-Free Flour  
1 tsp Baking Powder  
1/2 tsp Cinnamon  
1/4 tsp Nutmeg  
1/8 tsp Ground Allspice  
3/4 cup Unsweetened Applesauce  
1/4 cup Maple Syrup  
1/4 cup Coconut Oil (melted)  
1/4 cup Walnuts (chopped)  
1/4 cup Raisins  
1 tsp Arrowroot Powder (optional)

## DIRECTIONS

- 01 Preheat the oven to 350°F (175°C) and line a cake pan with parchment paper.
- 02 In a large mixing bowl, whisk together the flour, baking powder, cinnamon, nutmeg, and allspice. Then add the applesauce, maple syrup, and coconut oil.
- 03 Fold in the walnuts and raisins. Transfer the batter to the cake pan and bake for 30 to 40 minutes or until a toothpick comes out clean. Dust with arrowroot powder (optional) and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	208	Carbs	31g
Fat	9g	Protein	2g