

# RECIPE CARD

*Recipe name:* Apple Cake

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*From the kitchen of:* Frances Lincoln Children's Books

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*Chefs:* Dawn Casey and Genevieve Godbout

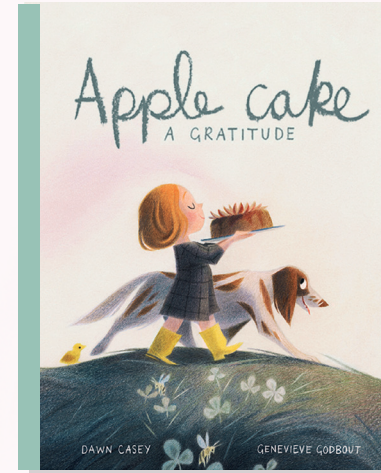
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*Cost of ingredients:* \$15.99 / \$18.99

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*Time:* ready to eat September 3, 2019

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APPLE CAKE  
10.6 x 8.5 inches  
Hardback with jacket  
32pp  
Case with cloth spine



# Recipe for Apple Cake:

## Ingredients:

*½ cup apples*

*4 eggs*

*½ cup honey*

*½ cup butter, melted (or coconut oil, as a dairy-free alternative)*

*3 cups nuts, ground to make flour (you can use hazelnuts, or almond flour, or a mixture of both)*

*½ teaspoon baking soda*

## Instructions:

1. Preheat the oven to 325°F.
2. Line a tin with parchment paper.
3. Prepare the apples: Peel the apples with a vegetable peeler. (See if you can peel the skin in one curly coil – then you can eat it!) Cut the apples into pieces.
4. Here is a safe way for young children to cut apples all on their own:
  - On a cutting board, a grown-up cuts across the center of the apple.

- Appreciate the star hidden within.
  - Put the halves cut side down onto the board.
  - Children can use a short knife, with a not-too-sharp blade, to cut down thorough the apple, as if cutting slices of cake.
5. Measure half a cup full of apple pieces.
  6. In one bowl, mix together the ground nut flour and the baking soda.
  7. In another bowl, whisk together the eggs, honey and butter. Then mix in the apple pieces.
  8. Mix everything together a final time and put the mixture in the tin. Cut another apple into thin slices and arrange the slices on top of the cake in a flower shape.
  9. Bake the cake in the oven for 40 minutes.
  10. Enjoy your apple cake warm with cream!

