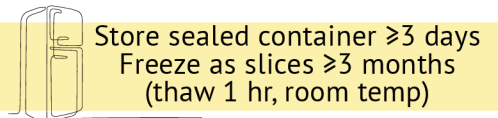
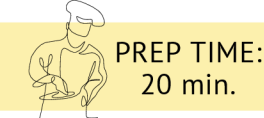
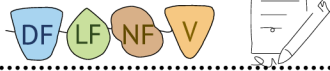


# Scrapple cake

Let the letters announce your message with personal charm on this healthier take on a classic apple and lemon cake.  
Except for greasing the pan, this delicious and fluffy cake is made with no oil.



## Ingredients



- 4 | ~550 g | sweet apples, cored, peeled, sliced
- 1 | 130 g | lemon, juice + zest
- 2 | 100 g | large eggs
- ½ cup + 1 tbsp | 90 g | caster sugar
- pinch | ~0.5 g | salt
- 1 cup, minus 1 tbsp | 110 g | flour, all-purpose
- 2 tsp | 10 g | baking powder
- ¼ cup + 1 tbsp | 75 ml | milk, plant-based for dairy-free/vegetarian

## Nutrition



Serving size		1 slice   90 g			
Fat	Sat. Fat	Cholesterol	Protein		
1.2 g	0.3 g	34 mg	2.6 g		
Cals	Carbs	Fibre	Sugars	Salt	
113	24 g	1.6 g	13.8 g	20 mg	

## Instructions



- Preheat oven to 356°F | 180°C | fan 160°C | gas mark 4.
- Line 9" (22 cm) cake pan with a splash of oil and baking sheet.
- Zest a whole **lemon**. Squeeze out the **juice** (~2 tbsp) and put to one side.
- Beat the **eggs, sugar, lemon zest** and **salt** for five minutes until thick + creamy.
- Whilst that is blending: peel, core, and thinly slice the **apples**. Toss immediately with **lemon juice** to prevent browning.
- To the egg-mix add **flour, baking powder** and **milk**. Stir gently to combine into a batter.
- Fold the two-thirds of the **apple slices** into the batter. Pour into prepared cake pan.
- Arrange the remaining **apple slices** in a pattern on top.
- Bake for 35 min., until golden brown and a toothpick or skewer comes out clean.
- Cool completely to serve.

## Top Tactics



- Make the letters using cookie cutters and thinly cut (~3 mm) apple slices. Bake on a tray for ~15 min
- A 3-in-1 apple peeler-slicer-corer tool speeds this recipe up, and kids love it
- The best apples here are sweet and crisp and hold their shape when baked. Try **Pink Lady, Braeburn, Cox's, Jonagold, Honeycrisp, Golden Delicious, or Mutsu**.

## Scorecard



Date ... / ... / ... Verdict ... / 10

Notes for next time:

## Variations



- Plant-based milks work great in this recipe. If you want it fully vegan or to lower the cholesterol, replace **egg** with:
  - ½ cup | 120 g **unsweetened applesauce**, or
  - ½ cup of **mashed banana** (about one banana), or
  - 2 tbsp **ground flaxseed** or **chia seeds** mixed with 6 tbsp **water** and let it sit for a few minutes to thicken
- For a warmer or sweeter flavour, replace the **lemon zest** with either 1 tsp **ground cinnamon, nutmeg, ginger, or vanilla extract**





**ROLL  
& BITE**