



Eat Smart, Move More...  
Maintain, don't gain!

# HOLIDAY Challenge

## Hanukkah Apple Cake

### Ingredients

- 1  $\frac{3}{4}$  cup + 1 tbs sugar
- $\frac{1}{2}$  cup butter
- 1 tsp vanilla
- 6 oz fat-free cream cheese
- 2 large eggs
- 1  $\frac{1}{2}$  cup flour
- 1  $\frac{1}{2}$  tsp baking powder
- 2 tsp ground cinnamon
- 3 cups (approx. 2 apples) chopped peeled apple (Granny Smith and Rome work well)
- Cooking spray

### Directions

1. Preheat oven to 350°.
2. Combine 1  $\frac{1}{2}$  cups sugar, butter, vanilla and cream cheese. Beat at medium speed until well-blended.
3. Add eggs, one at a time and beat until blended after each one.
4. Combine flour and baking powder.
5. Add flour mixture to cream cheese mixture and beat on low speed until blended.
6. Combine  $\frac{1}{4}$  cup sugar and cinnamon.
7. Stir into chopped apples.
8. Stir apple mixture into batter.
9. Spray an 8-inch spring form pan with cooking spray.
10. Sprinkle inside with sugar.
11. Pour batter into pan.
12. Bake for 1 hour and 5 minutes (or until the cake pulls away from the sides of the pan).

### Nutrition Information Makes 12 servings

#### Per serving:

Calories: 230  
Fat: 9g  
Carbohydrate: 38g  
Protein: 3g  
Fiber: 1g  
Sodium: 65mg



[www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)

# Eat Smart