

# The Art of Cuisine



## Harvest Apple Cake

This Harvest cake is several of my favorite cakes all put together. I love Carrot Cake, I love apple cake, and I love pumpkin spice cake. Therefore, what could be better than put them all together. I hope you enjoy one of my favorite healthy cakes. This cake has two servings of fruit and one serving of vegetables hidden in it. It is a great way to get kids and adults to eat more veggies.

### Cake

3 cups all-purpose flour  
2 tsp baking soda  
1/2 tsp salt  
2 1/2 cup brown sugar (not packed) or Xylitol Natural Sugar (Sold in organic section of grocery stores)  
3 tsp pumpkin pie spice  
1 teaspoon cinnamon  
2 large eggs  
2 large egg whites  
3/4 cup Canola oil or light olive oil  
2 tsp vanilla extract  
1 (15 oz) can pumpkin  
1 1/2 cup finely shredded carrots  
1 cup chopped walnuts or pecans (optional)  
1 (8 oz) can crushed pineapple, drained  
1/4 cup raisins, hydrate in hot water for 5 minutes (optional)

### Apple Topping

2 large (or 3 small) granny smith apples peeled and thinly sliced 1/4 inch  
3 tablespoons agave amber nectar or honey  
1 teaspoon cinnamon

Preheat oven to 350 degrees. Grease and flour 10-inch spring form pan, then set pans aside. In a medium bowl, stir together with a wire whisk the flour, baking soda, salt, sugar, pumpkin pie spice and cinnamon. In a large bowl, beat on medium speed with an electric mixer until smooth eggs, oil, vanilla, pumpkin, carrots, nuts, pineapple, and raisins. Slowly combine flour to wet ingredients in a large bowl and beat at low speed until blended. For apple topping, you will need to mix in a small bowl the apple slices, agave, and cinnamon together coating apples evenly. Arrange apples in bottom of lightly greased and floured cake pans. Then pour cake batter evenly over apples in spring form pan. Any leftover apples chop and mix in cake batter. Cover bottom of spring form pan with foil, sealing bottom for leeks or set on a cookie sheet while baking.

Bake at 350 degrees for 55 minutes to 1 hour or until a wooden pick inserted in center comes out clean. Allow cake to cool 15 minutes in the pan. After 15 minutes, turn the cake out onto a serving cake plate and allow cake to cool completely or eat warm.

Written by: Chef Linda Galyean

Large piece ( 1/8 of cake)	Calories:627.25,	Fat:23.25	Protein:8.625
Small Piece (1/16 of cake)	Calories: 313.63	Fat: 11.63	Protein: 4.31

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