

# Slow Cooker Apple Cake

Slow Cook Time: High for 3 hours  
Serves 8, serving size: 1/2 cup

## INGREDIENTS

- 1 cup whole-wheat flour
- 1/2 cup sugar\*
- 2 tsp. baking powder
- 2 tsp. ground cinnamon
- 6 medium apples, chopped
- 2 eggs
- 2 tsp. vanilla

\*Tip: 1/2 cup of unsweetened applesauce can be substituted for sugar

## DIRECTIONS

1. Wash and chop apples.
2. In bowl, mix flour, sugar, baking powder and cinnamon. Stir in apples, coating lightly.
3. In separate bowl, mix eggs and vanilla. Pour into apple mixture. Stir until just moistened.
4. Transfer to lightly greased slow cooker. Cover and bake on high about 3 hours.
5. Serve warm with whipped cream or ice cream on top. Optional: add a sprinkle of cinnamon.

