

Apple Bran Cake

Ingredients

2 cups	whole wheat flour
2 cups	bran
2 tsp	egg replacer
1 tsp	allspice
1 tsp	cinnamon
½ tsp	cloves
2 tsp	baking powder
1 cup	honey
½ cup	applesauce
½ cup	water
½ cup	raisins
½ tsp	vanilla

Preparation

- Mix dry ingredients
- Mix moist ingredients
- Add flour mixture to moist ingredients
- Stir gently until well mixed
- Turn mixture into a square non-stick baking pan
- Bake at 350 degrees for 40-50 minutes until cake pulls away from side of pan

Serving

8 x 8 inch cake

Preparation Variations

This may also be made in a muffin tin. Other fruit can be substituted for the apples, such as bananas.