

Granny's easy apple cake



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Preparation: about 20 minutes

Cooking: about 1 hour

Serves: 4

1½ cups self-raising flour

1 tsp ground cinnamon

½ tsp ground cloves or nutmeg

Pinch salt

150g butter, chopped and softened

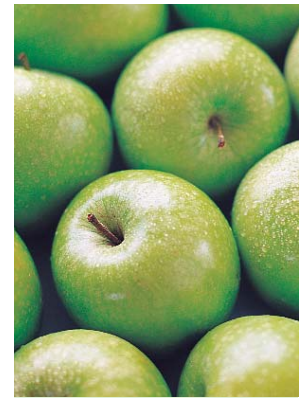
1 cup caster sugar

2 eggs, lightly beaten

500g medium Granny Smith apples,
peeled, cored and cut into thin wedges

Icing sugar, for dusting

1. Preheat oven to 170°C. Grease a deep 20cm cake pan and line the base with non-stick baking paper.
2. Sift flour, cinnamon, cloves or nutmeg and salt into the bowl of a food processor. Process until combined. Add butter. Process until combined. Add sugar and eggs. Process until well combined.
3. Spoon a half of the mixture into base of prepared pan (use wet fingers to spread mixture over pan base). Arrange apples over mixture. Top with remaining mixture and smooth top. Bake for 55 minutes – 1 hour until a skewer inserted comes out clean. Cool in pan for 10 minutes then transfer to a wire rack to cool. Dust with icing sugar, slice and serve.



Granny Smith apples

- A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep kids regular.
- Good source of vitamin C. Among its many functions, vitamin C contributes to healthy bones, teeth and gums.
- Low GI which means it is digested and releases its energy slowly.