

Dutch Apple Cake

Ingredients:

Topping:

2 cups chopped apples (about 2 large apples)

½ cup chopped almonds or walnuts

2 large dates, chopped

¾ teaspoon cinnamon

¼ teaspoon nutmeg

½ teaspoon almond or vanilla extract

pinch of salt

1/3 teaspoon powdered stevia extract

½ teaspoon stevia concentrate

1 tablespoon lemon juice

Cake:

2 cups whole wheat pastry flour

1 teaspoon baking soda

¼ teaspoon salt

½ teaspoon powdered stevia extract

¼ cup butter

1 egg

1 cup buttermilk

Steps:

Preheat the oven to 350 degrees F. Butter a medium-sized casserole dish or glass baking pan (about 8-inch round).

Chop the apples into thick pieces and place in a mixing bowl. Chop the nuts and dates and mix with the apples. Stir all the rest of the topping ingredients into the apples. Place in the bottom of the baking pan.

Stir the flour, baking soda, salt, and stevia extract together in a bowl. Cut the butter into the flour and mix until well distributed. Beat the egg and buttermilk together lightly, and stir in to the flour mixture. Stir just until mixed. The batter will be stiff.

Spoon the batter over the apples. Bake for 40 to 45 minutes. Upon removal from the oven, loosen the sides of the cake and immediately turn over onto a plate.