

Naturally Sweet Applesauce Snack Cake

Makes 12 servings | A diabetic-friendly recipe

Ingredients:

- Cooking spray
- 2 cups all-purpose flour
- 1 1/2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, softened
- 3/4 cup granulated sugar substitute suitable for baking
- 2 eggs
- 1 1/2 cups unsweetened applesauce
- 1 teaspoon vanilla extract



Directions

1. Preheat oven to 350°F. Spray a 9x13-inch baking pan with cooking spray.
2. In a bowl, whisk together flour, baking soda, cinnamon, nutmeg, and salt.
3. In a separate bowl, cream butter and sugar substitute until light.
4. Beat in eggs one at a time. Stir in applesauce and vanilla.
5. Gradually add dry ingredients to wet ingredients and mix until combined.
6. Pour batter into prepared pan and spread evenly.
7. Bake 30–35 minutes or until a toothpick inserted in the center comes out clean. Allow to cool before slicing and serving.

Fun Food Fact

Applesauce became popular in baking during sugar shortages because it adds natural sweetness and moisture. During World Wars I and II, it was often used to replace scarce sugar and fat, which is how applesauce spice cake became a classic favorite.