

Cakes

Apple Gingerbread

Servings: 8

2 cups sifted flour
1 teaspoon cinnamon
1 teaspoon ginger
1/4 teaspoon cloves
1/4 teaspoon salt
1/2 cup (1 stick) butter
1 cup sugar
1 egg, beaten
3 tablespoons molasses
1 teaspoon baking soda
1 cup buttermilk
1 1/2 cups peeled, diced apples
whipped cream, for topping

Mix flour, spices and salt; set aside.

Cream butter and sugar.

Add egg and molasses, beating well.

Dissolve soda in buttermilk and add to creamed mixture.

Add dry ingredients and apples, mixing well.

Bake in a greased and floured 9-inch square cake pan at 350 degrees for about 50 minutes.

Serve warm with whipped cream

Per Serving (excluding unknown items): 296 Calories; 7g Fat (21.0% calories from fat); 5g Protein; 54g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 327mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 2 Other Carbohydrates.