

Ingredient	Volume/Amount	Ounces	Cost/ounce	Recipe Cost
Gala Apples	2	Variable	Cost/apple ≈ \$0.38	~\$0.76
Eggs	2	Variable	Cost/egg ≈ \$0.11	\$0.22
Brown Sugar	½ cup + 1 Tbsp	3.08 oz	\$0.07/oz	\$0.22
Lemon Zest	1 Lemon	Variable	\$Cost/lemon ≈ \$1.33	\$1.33
Salt	1 Pinch	—	Negligible	Negligible
All-Purpose Flour	1 cup minus 1 Tbsp	4.69 oz	\$0.02/oz	\$0.10
Low-Fat Milk	¼ cup + 1 Tbsp	2.70 oz	\$0.09/oz	\$0.25
Baking Powder	3 tsp	0.49 oz	\$0.27/oz	\$0.13
				Total Cost= \$3.01

Low-Fat Apple Cake Recipe

Taken from:

<https://aseasyasapplepie.com/low-fat-apple-cake/>

Prep time: 10 minutes

Cook time: 35 minutes

Servings: 8

Ingredients

- 2 apples
- 2 eggs
- ½ cup + 1 Tbsp light brown sugar (*or granulated sugar*)
- zest of 1 lemon (*grated*)
- a pinch of salt
- 1 cup minus 1 Tbsp all-purpose flour (*sifted*)
- ¼ cup + 1 Tbsp low-fat milk
- 3 tsp baking powder
- Optional: sugar to sprinkle on top and icing sugar for dusting

Instructions

1. Preheat the oven to 180 degrees C (350 degrees F).
2. Grease and flour a 22 cm (8.5 inch) pan and set aside.
3. Peel, core, and thinly slice the apples.



4. Place the eggs, sugar, lemon zest, and salt in the bowl of a stand mixer, and beat until thick and creamy.
5. Add the flour, baking powder, and milk, and beat until well combined.
6. Add two thirds of the apples to the batter and mix with a wooden spoon or a spatula.
7. Place the batter in the prepared pan.



8. Arrange the remaining apple slices over the top of the batter.
9. Sprinkle with 1 tablespoon of brown sugar (optional).



10. Bake in the oven for 35 minutes or until a toothpick inserted into the center comes out clean.
11. Dust the low-fat apple cake with powdered sugar before serving.
12. Enjoy it!

Comment:

If using a convention oven, bake for a shorter amount of time (15-20 minutes).

NUTRITION INFORMATION

Amount per serving (97g) — Calories: **116**, Fat: **1g**, Cholesterol: **29mg**, Sodium: **17mg**, Carbohydrates: **25.3g**, Fiber: **1.8g**, Sugar: **15.6g**, Protein: **2.4g**