



Fig Glazed Sweet Apple Torte

2/3 cup all purpose flour
1 Tablespoon baking powder
1/8 teaspoon salt
1/2 to 1 teaspoon cinnamon
2 eggs
1/2 cup raw coconut crystals (see note)
1 Tablespoon vanilla
2 cups chopped peeled apples
1/4 cup chopped walnuts
4 Tablespoons chopped walnuts, divided
4 to 5 Tablespoons fig orange fruit spread or desired fruit flavored spread

In a large bowl, stir flour, baking powder, salt, and cinnamon. Set aside.

In a mixing bowl, beat eggs, coconut crystals, and vanilla; mix in dry ingredients until batter forms. Stir in apples and 1/4 cup chopped walnuts.

Spray 9-inch fluted pie pan with baking cooking oil; spread apple batter evenly into pan. Sprinkle the cake top with 2 Tablespoons walnuts. Bake in 350 degree F for 30 minutes or tests done/

Spread fig fruit spread and 2 Tablespoons chopped walnuts over hot cake. Cool. Cut into slicers to serve. Yield: about 8 slices

Serving Suggestion: If desired, serve with flavored vanilla yogurt or scoops of frozen yogurt

Cook's Note: brown sugar can be substituted if desired

Inspired by: Barbie Freidin's mother's recipe for Dotty's Apple Torte

About the Recipe: Forget about adding butter and oil! All that is needed for this dessert is lots of fresh apples, which make this simple-to-make torte cake a real winner. It's lightly sweetened with cinnamon and low glycemic coconut crystals, that provide extra minerals and vitamins. The moist torte cake can be topped with any desired fruit spread glaze and is soul satisfying served with a dollop of light flavored frozen yogurt.