

Cinnamon Apple Coffee Cake

The perfect accompaniment for a leisurely morning cup of coffee or tea, this coffee cake spiced with cinnamon and apple chunks is sure to become standard weekend fare in your house. It has only 5 grams of fat per serving!

½ cup packed brown sugar
¼ cup margarine, softened
2 large egg whites
½ cup low-fat (1 percent fat) buttermilk
2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
2 teaspoons ground cinnamon
¼ teaspoon salt
1 medium apple, unpeeled, cored and finely chopped

DIETARY EXCHANGES:

½ Fat

NUTRIENTS PER SERVING:

Cal.: 214	Cal. from Fat: 49
Total Fat: 5 g	Sat. Fat: 1 g
Carb.: 37 g	Protein: 4 g
Chol.: 0 mg	Sodium: 306 mg
Fiber: 1 g	

1. Preheat the oven to 375°F. Prepare a 9 inch square baking pan with nonstick pan spray.
2. In a large bowl beat together the sugar, margarine, and egg whites until smooth. Stir in the buttermilk. Add the flour, baking powder, baking soda, cinnamon, and salt and mix just until the ingredients are moistened. (The batter will be stiff.) Fold in the apple.
3. Spread the batter in the prepared pan. Bake 25 to 30 minutes, or until a toothpick inserted in the center comes out clean. Cut into nine 3 inch squares. Serve warm or at room temperature.

1 coffee cake (9 servings)

Source: The New Family Cookbook for People with Diabetes

