



Applesauce Oat Cake

NIBBLEDISH CONTRIBUTOR

Ingredients

1. 1 cup rolled oats
2. 1 cup milk (I use always and only a soy milk, but you can use what ever kind of milk you like)
3. 1 cup whole-wheat flour (or all purpose if you like)
4. 1/2 cup brown sugar
5. 1/2 cup applesauce
6. 2 egg whites
7. 1 tsp baking powder
8. a handful of coarsely chopped pistachios or walnuts (optional)
9. a handful of raisins (optional)

Instructions

Soak the oats and the raisins if you use them in the milk about 1 hour.

Preheat oven to 400°F - 200°C. Lightly grease a baking pan, set aside.

In a large mixing bowl combine the flour, the sugar and baking powder. In another mixing bowl beat egg whites, add the applesauce. Stir the egg whites mixture in the flour. Add the oat mixture. Mix well and add the walnuts (optional). Pour in the prepared baking pan.

Bake 30- 35 minutes. Cool 5 minutes and then turn onto a serving dish. Sprinkle with confectioners' sugar.
