

# RECIPE OF THE WEEK

## Apple Spice Cake

### Ingredients

- 1 packet Ideal Protein Apple Oatmeal
- 1/2 tsp. baking powder
- 2 tsp. approved granular Sweetener
- 2 tsp. Apple Pie Spice
- 1 egg and 1 egg white beaten
- 1 ounce milk
- 1 cup fine grated Jicama or Chayote squash – squeeze and pat out moisture

### Apple Pie Spice Ingredients

- 4 tbsp. ground cinnamon
- 1 tbsp. allspice
- 2 tsp. nutmeg
- 1 ½ tsp. ginger
- ½ tsp. cardamom
- ¼ tsp. ground cloves



### Preparation

1. Take Ideal Protein Apple Oatmeal, baking powder, Sweetener, Apple Pie Spice in a bowl and combine.
2. Add beaten egg and milk and whisk well to mix.
3. Fold in your choice of grated vegetables.
4. Spray a baking dish and pour batter into 6-8 inch thickness
5. Bake at 350°F for 50 minute to 1 hour.
6. Brush with IP maple syrup and sprinkle over some more Apple Pie Spice to garnish.
7. Serve and enjoy!

