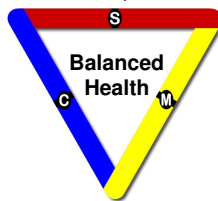


Natural Health Center

The Art & Science of Natural Healthcare



13384 Jones Road ♦ Houston, TX 77070

Phone: (281) 897-8818 ♦ www.nhchouston.com ♦ Fax: (281) 897-8817

Gluten-Free Apple Raisin Cake or Cupcakes

Apple Raisin Cake by Bette Hagman, author of: *The Gluten-Free Gourmet*.
Recipe modified by Dr. Jason & Jan Kolodjski.

Ingredients

3C of Bob's Red Mill's All Purpose GF Flour

1 ¼ t. xanthan gum

2 C sugar

1 C mayonnaise

1/3 C milk or nondairy substitute

3 eggs

2 rounded t. baking soda

1 ½ t. cinnamon

½ t. nutmeg

¼ t. ground cloves

½ t. salt

3 cups chopped peeled apples

1 C raisins

1 C chopped walnuts

Place in a large mixing bowl the flours xanthan gum, sugar, mayonnaise, milk, eggs, baking soda, spices, and salt. Beat with a mixer at low speed for 2 minutes, or 300 strokes by hand. Batter will be very thick. Stir in apples, raisins, and nuts.

For cake:

Preheat oven to 350 degrees. Grease a 9 x 13" cake pan and dust with rice flour. Spoon into cake pan. Bake at 350 degrees for 45 minutes.

Serve with whipped cream or frost with cream cheese frosting.

For cupcakes:

Wait 30-60 minutes for batter to thicken before making cup cakes. Fill each cup cake tin full and bake at 350 degrees for 22 minutes. Batter makes approximately 40 cup cakes.

Serve with whipped cream or frost with cream cheese frosting.