

APPLE-BANANA CAKE

Serves 12-16

This recipe comes from Parker Nolen's grandmother's kitchen. When he was a child, every Thanksgiving and Christmas the smell of baking apples and bananas permeated the house. Even now when Parker visits her in Dallas, there is a fresh, hot apple-banana cake on the table. Serve this cake with or without icing.

2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 cup vegetable oil
2 cups sugar
2 eggs

2 red apples, unpeeled and
diced
2 large bananas, mashed
1 teaspoon vanilla
1 cup walnuts, chopped
(optional)

- ❖ Preheat oven to 300°. Grease and flour a 9x13-inch baking pan.
- ❖ In a small bowl, sift together flour, soda and salt, set aside.
- ❖ In a large mixing bowl, combine the oil, sugar and eggs and beat until smooth. Add the flour mixture and stir to combine. Add apples, bananas, vanilla and walnuts and mix well.
- ❖ Pour into prepared pan. Bake 30 minutes. Reduce temperature to 275° and continue to bake until top springs back when lightly touched, about 45 minutes more.

Per serving: 532 calories; 5.61g protein; 85g carbohydrates; 21.3g fat (3.76g saturated fat); 26.3mg cholesterol.