

## Apple Caramel Cake

### Summary

<b>Yield</b>	Servings
<b>Source</b>	wailana
<b>Prep time</b>	
<b>Cooking time</b>	30 minutes
<b>Total time</b>	30 minutes

### Description

Easy to make, these attractive and unusual tofu balls go well with steamed jasmine rice for a light but elegant meal.

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[Apple Caramel Cake - Wai Lana Recipe](#) 

### Ingredients

Apple Cake:

1 1/2 c

Unbleached white flour

5/8 tspn

Baking soda

1/2 tspn

Salt

1/4 tspn

Cinnamon

1/2 c

Safflower oil

1/4 c

Eggless mayonnaise or yogurt

1/4 c

Apple butter

1/2 tspn

Vanilla

2 Tbsp

fresh ginger juice\*

1/4 c

Water

3/4 c  
Raw sugar or granulated fructose  
2 c  
Apples, peeled and chopped into small cubes  
3 Tbsp  
Roasted almond slivers  
2 Tbsp  
Raisins

**Caramel Sauce:**

1/2 c  
Fresh cashew milk\*\*  
1/2 c  
Brown sugar  
1 Tbsp  
Safflower oil  
1 Tbsp  
Maple syrup  
1/2 tspn  
Vanilla  
1 Tbsp  
Water  
1 Tbsp  
Cornstarch mixed with 1 Tbsp. water

## Instructions

1. Preheat the oven to 350°F. Combine the flour, baking soda, salt, and cinnamon in a large bowl. Whisk lightly.
2. In a separate bowl combine the oil, mayonnaise, apple butter, vanilla, ginger juice, water, and sugar. Slowly add this mixture to the dry ingredients and stir to blend. Fold in the apples, 2 Tbsp. of the slivered almonds, and the raisins and mix well.
3. Pour the batter into an 8x8-inch oiled baking dish and bake for 1 hour, or until the cake is golden brown and a toothpick inserted into the center comes out clean. Remove from the oven and set aside to cool.
4. For the sauce, make the cashew milk as directed below and set aside. Place the next 5 ingredients in a small saucepan on medium heat. Bring to a boil and simmer until the sugar is dissolved.
5. Slowly whisk in the cashew milk. Cook for 2 more minutes, then gradually add the cornstarch mixture and whisk until thickened to a thick syrup consistency. Remove from the heat and cool for 30 minutes.
6. Spread the sauce over the cake and top with the remaining roasted nuts. Slice into 9 squares, then halve each square to make 18 small triangles.

## Notes

\*To make fresh ginger juice, simply grate some fresh ginger, then manually squeeze the pulp.

**\*\*Cashew milk:** Blend 2 Tbsp. raw cashew pieces with 3/4 cup hot water until smooth. Strain through a fine strainer.

**Nutritional Information Per Serving:**

Calories: 202, Fat 8.7g (79 cal), Carbohydrate 29.4g (117 cal), Protein 1.4g (6 cal)

Added information: Saturated Fat 0.7g, Cholesterol 1mg, Sodium 132mg, Dietary Fiber 0.9g

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**Source URL:** <http://www.wailana.com/lifestyle/recipe/apple-caramel-cake>