

# Low-Fat Apple Flan

Recipe By *Brynie Greisman*



Cooking and Prep:  1  
h 10 m

Serves:  12

Contains:   

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Rosh Hashanah

**Diet:** Low Fat, Vegetarian

**Source:** Family Table by

Mishpacha Magazine

**Cuisines:** Mexican

This very low-fat apple flan is scrumptious. You can serve it for Kiddush, but it's nice enough to serve for dessert. Everyone will appreciate a lighter, healthier cake.

## Ingredients (16)

### Main ingredients

- 2 eggs
- 1/2 cup cane sugar
- 1 teaspoon **Gefen Vanilla**
- 1/2 cup **unsweetened applesauce**

- 2 tablespoons water
  - 1 and 1/2 cups **Shibolim Whole Wheat Flour** or other whole wheat pastry flour
  - 2 teaspoons **Haddar Baking Powder**
  - 1/2 teaspoon cinnamon
  - 1/2 teaspoon salt, scant amount
  - 6 apples, peeled and sliced thinly
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### Optional Streusel

- 1/3 cup brown sugar
  - 1 teaspoon cinnamon
  - handful chopped almonds (*optional*)
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### Optional Glaze

- 1/4 cup confectioners' sugar
  - 1 teaspoon water
  - 1/4 teaspoon **Gefen Vanilla**
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## Start Cooking

### Prepare the Flan

Serves 12-14.

1. Preheat the oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. Beat the eggs, sugar, and vanilla until they are light.
3. Add the applesauce and mix well.
4. Add the water, flour, baking powder, cinnamon, and salt. Mix just until combined.
5. Spread half the batter in a thin layer in a 10-inch springform pan sprayed with oil or baking spray.
- 6.

Arrange half of the apple slices over the batter.

7. Top with the remaining batter. Arrange the remaining apple slices on top.
8. If using a streusel topping, mix the brown sugar, cinnamon, and nuts and sprinkle this evenly over the apples before baking.
9. Bake for 40 minutes, or until done. Do not overbake.

**Note:**

2 tablespoons soy milk or apple juice may be substituted for water.

**Tip:**

This cake freezes well. It actually becomes moister when frozen.

**Optional Glaze**

1. If you wish to glaze the cake, combine the glaze ingredients in a small bowl. Drizzle this over the cooled cake.

**Note:**

1/8 teaspoon almond flavoring may be substituted for the vanilla.

**Credits**

Photography: Daniel Lailah.

Food Styling: Michal Leibowitz.