

Dip the Apple in the Honey Cake

Recipe By *Rorie Weisberg*



Cooking and Prep:  1 h

Serves:  8

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Rosh Hashanah

Diet: Vegetarian, Pescetarian,

Gluten Free, Low Carb

Source: Kosher.com

Exclusive

Watch Rorie make this better-for-you apple and honey cake, paired with delicious parve silan ice cream [here!](#)

Ingredients (9)

Main ingredients

- 5 small or 4 large Gala or Macintosh apples (Gala is best and smaller apples are preferable), peeled and sliced into thin moon shapes
- 1/2 cup [Gefen Unsweetened Applesauce](#)
- 1/2 cup [Gefen Honey](#) (see note)
- 1 teaspoon [Gefen Vanilla Extract](#)

- 1/3 cup avocado oil or melted coconut oil
 - 4 eggs, beaten
 - 1 cup white spelt, white whole wheat or Rorie's Grain-Free Flour Blend
 - 1 teaspoon Gefen Baking Powder
 - 1/2 teaspoon cinnamon
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Start Cooking

Prepare the Cake

1. Preheat oven to 350 degrees Fahrenheit. Line a springform pan with Gefen Easy Baking Parchment Paper and spray the sides with oil.
2. Mix the wet ingredients with the sliced apples.
3. Combine the dry ingredients and fold them into the apple mixture.
4. Pour apple mixture into the prepared pan , place on a cookie sheet, and bake for 45 minutes or until golden on the top.
5. Allow to cool and run a knife around the sides to loosen. Open the springform pan and remove the cake.

Note:

If using Rorie's grain-free mix you can lower the honey to 1/4 cup.

Tip:

Feel free to mix red and green apples for a less sweet outcome.