

Baker's Delight



Bring Orchard Goodness To Your Table

(NAPSA)—On crisp days, it can be delightful to come home to a warm dessert baked up with fresh apples.

Good For You

For many, it's even better when the batter is made without butter but with Pompeian Extra Light Tasting Olive Oil instead, since it's cholesterol free and has only a third as much saturated fat as butter. Plus, you only use about three-quarters as much. Olive oil can be a major source of monounsaturated fat in the diet. These do not raise LDL ("bad") cholesterol and are a source of vitamin E.

Good Tasting

What's more, the delicate flavor of this oil means it results in sweet, moist baked goods such as this delicious German Apple Cake:

German Apple Cake

Cake Ingredients

- 2 cups flour**
- 2 tsp. cinnamon**
- 1 tsp. baking soda**
- ½ tsp. salt**
- ¾ cup Pompeian Extra Light Tasting Olive Oil**
- 2 cups sugar**
- 3 eggs**
- 2 tsp. vanilla extract**
- 4 cups peeled, chopped apples**

Topping

- ½ cup chopped walnuts**
- ¼ cup brown sugar**
- ¼ cup all-purpose flour**
- 1 tsp. cinnamon**
- ¼ cup Pompeian Extra Light Tasting Olive Oil**

Coat a 9-inch springform pan with cooking spray. In a



This light yet luscious cake could become the apple of your eye and a family favorite.

small bowl, combine topping ingredients and mix together until large crumbs form. Combine first four cake ingredients. In a large bowl, beat olive oil and sugar. Add eggs one at a time, beating in between additions. Beat in vanilla extract. Add dry ingredients and beat on low speed, just until mixed. Batter will be thick. Fold in chopped apples. Transfer batter to prepared pan and sprinkle with topping. Bake at 350° F for 1 hour or until a toothpick inserted into center of cake comes out clean.

More Facts

For more great recipes, cooking advice and information, go to www.pompeian.com and www.pompeian.com/recipe_page.asp. There, as well, you can find tips on a healthy lifestyle from Laura Coti Garrett, registered dietitian and certified diabetes educator and download money-saving coupons. You can also "Like" the company on Facebook.