

## **Cranapple – Walnut Cake**

- 1 ¼ Cups light brown sugar OR 1 Cup honey plus 2 tablespoons Orange juice concentrate
- ½ cup vegetable oil
- 2 cups flour (you can use ½ while wheat pastry flour)
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 teaspoon salt
- 2 eggs
- 1 teaspoon vanilla
- 2 cups sliced cooking apples
- ½ cup walnuts
- ½ lbs. fresh, whole, raw cranberries

(If you use honey, whip it first at high speed, for about 10 minutes, or until it turns white and opaque.) Cream together oil and sugar (or, whipped honey plus orange juice concentrate.) Add eggs and vanilla, and beat well. Sift together the flour and dry ingredients. Add to the first mixture and stir until thoroughly combined. Stir in apples, cranberries and nuts. Bake in a well-greased 9 x 13" pan, 45 – 50 minutes at 350 degrees.