

Apple Oat Bundt Cake

Prep Time: 15-20 min. Cook Time: 60-65 min.

Ingredients:

1c. all purpose flour
1 ½ c. ground oats (oatmeal in food processor)
1/3 c. brown sugar
3 T. Agave Nectar OR Honey
½ c. flavorless oil (like Grapeseed or Canola; can use melted butter if desired)
3 eggs (will separate and whisk whites)
1 tsp. vanilla extract
2/3 c. coconut water (can just use plain water)
1 c. Non Fat Greek Yogurt (preferably Fage; it's thicker)
1 c. finely chopped/ diced Honeycrisp Apple (Gala works well too)
3 tsp. Cinnamon
1 tsp. Nutmeg
pinch of salt
Optional: ½ tsp. ground ginger

Pre-heat oven to 350 degrees

Instructions:

In a large bowl cream together butter, sugar, and egg yolks until light and fluffy. Mix in to the sugar mixture the coconut water (or plain water) vanilla extract and Greek yogurt. Stir until well combined. In a separate bowl, whip egg white until stiff peaks begin to form, and set aside. In a third bowl combine flour, ground oats, and spices. Fold egg whites into the sugar mixture, being careful not to deflate the whites. Then, begin folding in the flour mixture approximately a half cup at a time until all flour is added and well combined. But be careful not to over-mix. Pour the batter into a sprayed or greased bundt pan and put into preheated oven for 60-65 minutes. Test with a skewer or toothpick; if it comes out clean, remove the bundt from the oven and let sit for at least 10 minutes. Then, remove the bundt from the pan onto a cooling rack and let rest until completely cooled. This cake will be very moist and dense and does not rise a lot, so don't be alarmed if your bundt comes out a bit "shorter" or more compact than usual.

Serve plain or with a scoop of vanilla ice cream. Enjoy! ☺