



PREPARATION: 10 MINUTES

BAKING: 40 MINUTES

8 SERVINGS

APPLE UPSIDE DOWN CAKE

INGREDIENTS

TOPPING

¼ cup melted butter

1 tablespoon lemon juice

⅓ cup brown sugar

1 apple, peeled, thinly sliced

CAKE

1½ cup flour

1 teaspoon cream of tartar

½ teaspoon baking soda

1 teaspoon allspice

¼ cup soft butter

½ cup sugar

2 eggs

⅓ cup peanut butter

1 teaspoon vanilla extract

1 cup milk (2% M.F.)

PREPARATION

- 1 Preheat oven to 350°F.
- 2 Pour the melted butter and the lemon juice into a 9-inch cake or pie pan, making sure the bottom is covered with the liquid. Sprinkle the brown sugar on top and place the apple slices following a pattern. Set aside.
- 3 In a bowl, mix the flour, cream of tartar, baking soda and allspice. Set aside.
- 4 In another bowl, with the help of an electric mixer, mix the soft butter and the sugar for 2 minutes. Add the eggs, peanut butter, and vanilla extract. Mix for another 2 minutes. Reduce mixing speed to low and incorporate the dry ingredients from step 3, alternating with the milk.
- 5 Pour the batter into the pan over the apple slices. Bake in the oven for 40 minutes or until a toothpick inserted in the middle comes out clean.
- 6 Let cool for about 20 minutes. Place serving plate on top of cake pan and flip. Remove the pan and enjoy!

TIP: Use a square cake pan and cut the cake into squares for a delicious snack to take with you!

Nutrient Analysis

PER SERVING:

⅓ of recipe

RENAL EXCHANGE:

2 Starch + ½ Fruit

Calories	405 Kcal
Protein	5 g
Carbohydrates	31 g
Fibre	1 g
Total Fat	20 g
Saturated Fat	12 g
Cholesterol	97 mg
Sodium	102 mg
Potassium	145 mg
Phosphorus	55 mg