



Apple Almond Coffee Cake

Adapted from Adam and Joanne at Inspired Taste

BAH Note: Because I can't eat nuts, seeds, or berries I omitted the almonds and subbed some almond flour for part of the regular flour. But that was only an option because the Universe had me buy a bag of almond flour for another recipe so I happened to have some. If you don't have almond flour, don't sweat it. Just increase the 1 cup of all purpose flour to 1 1/2 cups and add 1 cup of coarsely chopped toasted almonds to the recipe. I'll even point out where. Inspired Taste said to bake for 40 to 50 minutes but my cake was done closer to 30 minutes. So you might want to start checking it around then.

- 1 cup plus 2 tablespoons flour, divided
- 1/2 cup almond flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon allspice
- 1 cup granulated sugar
- 3 eggs
- 3/4 cup low fat plain yogurt
- 6 tablespoons butter, melted and cooled
- 1 tablespoon lemon zest
- 1/4 teaspoon almond extract
- 1 teaspoon vanilla extract
- 1 Granny Smith apple
- Juice of 1 lemon

Heat oven to 350 degrees and butter and flour a 9 inch cake pan.

If using almonds, place them on a sheet pan and roast for 3 to 5 minutes as the oven is heating, or just until you begin to smell the nuts. Remove the pan from the oven and allow the almonds to cool. Once cooled, coarsely chop the almonds with a knife or in a food processor. If using almond flour, skip to the next step.

Peel the apple and cut into 1/4 inch dice. Place in a small bowl and squeeze some lemon juice over the pieces to prevent browning. Toss the pieces with 2 tablespoons of flour and set aside.

Combine the eggs and sugar in the work bowl of a stand mixer fitted with the whisk attachment. Whisk on medium speed until they are slightly fluffy and a pale yellow color, approximately 3 to 5 minutes.

While the mixer is running, combine the remaining 1 cup flour, almond flour, baking powder, salt, and allspice in a medium bowl and whisk to combine.

Once the eggs and sugar are ready, fold in the flour mixture with a rubber spatula, working with one third of the flour at a time. Once fully combined, add the apples (and 3/4 of the nuts, if using) to the batter and stir to just combine.

Pour the batter into the cake pan and spread to evenly distribute. Top with the remaining nuts, if using, and bake for 30 to 50 minutes or until the sides just pull away from the pan and a tester inserted in the middle of the cake comes out clean.

Remove the cake from the oven and squeeze half a lemon over the top of the cake. Cool for 30 minutes then carefully remove from the pan and allow to cool completely on a cooling rack.

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