

# Applesauce Loaf Cake

December 2025 Recipe

Makes: 16 servings



## Ingredients

- ½ cup walnuts (chopped)
- 1 ½ cups unsweetened applesauce
- 1 egg
- 1 cup sugar
- 2 Tbsp. vegetable oil
- 1 tsp. vanilla extract
- 2 cups all-purpose flour
- 2 tsp. baking soda
- ½ tsp. ground cinnamon
- ½ tsp. ground nutmeg
- 1 cup raisins

## Nutritional information for 1 serving

Calories	187
Total fat	5 g
Saturated fat	1 g
Cholesterol	12 mg
Sodium	164 mg
Carbohydrate	35 g
Dietary fiber	1 g
Total sugars	20 g
Added sugars included	12 g
Protein	3 g

## Directions

1. Preheat the oven to 350 F. Grease two 8-by-4-by-2-inch loaf pans.
2. Toast the walnuts in an ungreased skillet pan. Stir while heating on medium-low heat for 5-7 minutes. They are done when they are brown and smell nutty. Set aside to cool.
3. Mix the applesauce, egg, sugar, oil and vanilla in a large bowl.
4. Mix the flour, baking soda, cinnamon and nutmeg together in a smaller bowl.
5. Pour the flour mixture into the applesauce mixture.
6. Stir in the raisins and cooled toasted nuts.
7. Pour half of the batter into each greased pan. Bake for 45-55 minutes.
8. Remove the cakes from the oven. Cool for 10 minutes. Remove from pans to finish cooling. For best taste, let cakes cool for a few hours before serving.