

DENISE'S SUGAR FREE PEACH ALMOND UPSIDE DOWN CAKE

Ingredients

- 8.25 oz can light peaches in fruit juice
 - 1 tsp baking powder
 - ½ cup unsweetened applesauce
 - ¼ tsp baking soda
 - 5 ½ tsp Equal Measure or 18 packets Equal sweetener or ¾ cup Equal Spoonful
 - ½ tsp ground cinnamon
 - ¼ tsp ground nutmeg
 - ¼ tsp salt
 - ¼ cup egg substitute
 - ½ cup buttermilk
 - ½ tsp vanilla
 - 1 cup cake flour
 - ¼ cup sliced almonds, toasted
- Fruit topping (recipe below)

Directions

1. Cut peach slices into thirds; arrange in bottom of lightly greased (with Pam or spray oil) 8-inch cake pan.
2. Mix applesauce, Equal, egg substitute and vanilla until smooth in a medium bowl.
3. Mix in combined cake flour, baking powder, baking soda, cinnamon, nutmeg and salt alternately with buttermilk, beginning and ending with dry ingredients. Pour batter over peach slices in pan.
4. Bake in a preheated at 350-degrees until cake is browned and toothpick inserted in center comes out clean, about 20 minutes.
5. Invert cake immediately onto serving plate. Spread Fruit Topping over warm cake and sprinkle with almonds. Serve warm.

APRICOT FRUIT TOPPING

Ingredients

- 3 Tbsp All Fruit apricot preserves
- 1 tsp lemon juice
- 1 tsp cornstarch
- 1 ¾ tsp Equal Measure or 6 packets Equal sweetener or ¼ cup Equal Spoonful
- ¼ tsp maple extract

Directions

1. Mix preserves, lemon juice and cornstarch in a small saucepan.
2. Heat to boiling, stirring constantly.
3. Remove from heat. Stir in Equal and maple extract.

Yield: 8 slices of cake with fruit topping

Calories: 140

Fat: 2 g

Protein: 4 g

Carbs: 26 g (1 g fiber)

RECIPES



For eating well
after bariatric
surgery



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