

Old-time apple cake (cholesterol-free)

3 medium apples, peeled cored and diced (about 2 cups)
1 cup sugar
1 cup flour
1 teaspoon baking soda

1 teaspoon cinnamon
4 tablespoons wheat germ (or finely crushed unsweetened cereal)
2 large egg whites

Place diced apples in a large bowl. Sprinkle sugar over apples and toss to coat. Let fruit stand about 30 minutes or until juicy.

Sift together flour, baking soda and cinnamon and stir in 3 tablespoons of the wheat germ or cereal.

Stir egg and dry ingredients into apple-sugar mixture until well-blended. Turn batter into an 8-inch square pan treated with a non-stick cooking spray. Sprinkle remaining 1 tablespoon of wheat germ evenly over top of batter.

Bake in 375° F oven for 25 to 30 minutes or till a toothpick comes out clean. Serve warm or cold.

Banana muffins (cholesterol-free)

1/2 cup unsweetened applesauce
1/2 cup white sugar
2 egg whites
1 teaspoon vanilla
1 teaspoon baking soda

1/2 cup no-fat plain yogurt
3 medium-sized bananas, mashed
1-1/2 cups flour
1 teaspoon cinnamon

Beat together first four ingredients until light and fluffy.

Dissolve baking soda in yogurt, add to batter and beat well. Slightly mix in mashed bananas. Add flour and cinnamon and stir until just mixed.

Spray muffin pan with vegetable spray. Bake in 350° F oven for 25 minutes.

Makes 12 muffins

Cocoa raisin cake (cholesterol-free)

1-1/2 cups flour (preferably whole-wheat pastry flour)
2/3 cup brown sugar
3 tablespoons cocoa
1 teaspoon baking soda
1/8 teaspoon salt
1/4 cup applesauce

1 tablespoon vanilla
1 tablespoon vinegar
1 cup cold water
1/2 cup raisins
1/2 cup carob chips

Stir together flour, brown sugar, cocoa, baking soda and salt. Add applesauce, vanilla, and vinegar to mixture. Pour water over mixture and mix until batter is thoroughly mixed. Stir in raisins and carob chips.

Bake in 350° F oven in 8-inch pan (sprayed with vegetable spray).

Cinnamon date and walnut muffins (low in cholesterol)

1 cup all-purpose flour
3/4 cup whole-wheat pastry flour
3/4 cup packed brown sugar
1 tablespoon baking powder
1 teaspoon finely shredded orange peel
1/2 teaspoon cinnamon

2 egg whites
2/3 cup buttermilk
1/3 cup unsweetened applesauce
2/3 cup pitted and snipped dates
1/3 cup chopped walnuts

Preheat oven to 400° F. Spray 12 muffin cups and set aside.

In a large bowl, stir together flour, whole wheat flour, brown sugar, baking powder, orange peel and cinnamon. Make a well in the centre of the mixture. In a small bowl, beat the egg whites until foamy. Stir in the buttermilk and applesauce. Add the buttermilk mixture to the flour mixture and stir until moistened. Fold in the dates and walnuts.

Spoon the batter into the prepared cups, filling each 3/4 full. Bake for 22 to 25 minutes. Cool in muffin cups for 5 minutes. Remove and place onto wire rack.