

## ZESTY APPLE CAKE

### INGREDIENTS

#### *Topping*

*¼ cup melted butter*

*1 tablespoon lemon juice*

*½ cup brown sugar*

*1 apple\*, peeled,  
thinly sliced*

#### *Cake*

*1 ½ cups all-purpose flour*

*1 teaspoon cream of tartar*

*½ teaspoon baking soda*

*1 teaspoon allspice*

*¼ cup soft butter*

*½ cup sugar*

*2 eggs*

*⅓ cup low sodium  
peanut butter*

*1 teaspoon vanilla extract*

*1 cup 2% milk*

\* choose firm apples that hold their shape, e.g. Honeycrisp

### PREPARATION

- 1** Preheat oven to 350°F.
- 2** Pour the melted butter and the lemon juice into a 9×9" cake 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 cake 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!



# ZESTY APPLE CAKE



## Nutrient Analysis

PER SERVING	
⅓ of recipe	
<b>Renal/Diabetic Exchanges:</b>	
½ Meat + 2 Starch + ½ Lower Potassium Fruit + 2 Fat	
Calories	<b>337 Kcal</b>
Protein	<b>7 g</b>
Total Carbohydrate	<b>41 g</b>
Fiber	<b>1 g</b>
Sugars	<b>23 g</b>
Fat	<b>17 g</b>
Saturated	<b>8 g</b>
Cholesterol	<b>75 mg</b>
Sodium	<b>198 mg</b>
Potassium	<b>241 mg</b>
Phosphorus	<b>107 mg</b>
Calcium	<b>59 mg</b>

## Diet Types

- CKD Non-Dialysis
  Dialysis/Diabetes
- Dialysis
  Transplant \*

\* For Transplant: This recipe is higher in saturated fat. Check with your registered dietitian to see how this recipe can be included in your diet.

## PHOSPHORUS CHECK ✓

### Including nuts and seeds in a low-phosphorus diet

Nuts, nut butter and seeds add protein and fiber to meals and snacks as well as distinct flavor and texture. These foods are a natural source of phosphorus and potassium and can be included in a kidney-friendly diet in the correct portion size. Another benefit with these plant-based foods is that phosphorus absorption is lower compared to meat or foods with phosphorus additives.

Incorporating nuts and seeds into your diet can be simple. For example, try adding an ounce of almonds or walnuts or a tablespoon of flax seeds to hot cereal for breakfast. Spreading a thin layer of peanut or almond butter on a bagel or English muffin can offer a flavorful, quick morning meal. A small amount of roasted pumpkin seeds, pecans or cashews make a great topping for a green salad. Or try them with a home-made tuna or chicken salad for lunch. Mix nuts and seeds with oil and herbs, blend them into a sauce, and include them in a poultry dish or as flavor on pasta. An ounce of nuts, especially unsalted nuts, and sunflower seeds are a low phosphorus, high protein snack. If craving a sweet snack, combine chia seeds, rice or almond milk, nut butter and fresh berries to create a pudding.

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