

Single Serve Upside Down Apple Gingerbread Cake

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Serves 1

4 points on all plans (can be reduced to 3 points if you use light butter)

- 1/4 apple, peeled and sliced
- 3/4 tsp butter, melted
- 2 tsp zero calorie brown sugar substitute
- 3 Tbsp flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- dash salt
- 1 Tbsp zero calorie brown sugar substitute
- 1 Tbsp zero calorie sugar substitute (I use Lakanto Monkfruit)
- 1/4 tsp cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp ground cloves
- 1/8 tsp ground nutmeg
- 2 tsp unsweetened applesauce
- 1 tsp molasses
- 2 tsp egg beaters or tsp of a beaten egg (OPTIONAL)
- 1 Tbsp brewed black tea

1. Preheat oven to 350°
2. Spray a mini loaf pan with nonstick spray
3. Pour melted butter in mini loaf pan. Add 2 tsp brown sugar substitute and stir until combined.
4. Lay apple slices over brown sugar-butter mixture and set aside
5. In a medium bowl, combine flour, baking powder, baking soda, salt, brown sugar, monkfruit sweetener and spices. Stir to combine
6. In a small bowl, combine apple sauce and molasses and egg (if using). Stir until well combined.
7. Add wet ingredients to dry ingredients and stir until just slightly combined. Add in brewed tea. Stir until thoroughly combined.
8. Pour batter over sliced apples
9. Bake at 350 for 18-22 minutes or until a toothpick inserted in the center comes out clean.
10. Let cool for 10 minutes. Loosen edges with a knife and invert onto plate. Serve warm.

Dessert

Cake

Gingerbread