



ME Recipe: Apple Cinnamon Upside Down Carmel Cake

(Adapted from a recipe found at www.beautyandthefoodie.com)



Ingredients:

- **Bottom Fruit Layer**
- 2 ½ tablespoons butter(or melted coconut oil)
- 2 tbsp of xylitol (or coconut sugar)
- ½ large apple, cored and sliced
- 2 tbsp pecans or walnut pieces
- ¼ tsp cinnamon
- **Apple Cake Ingredients**
- 3 Eggs, beaten
- 3 tbsp unsweetened coconut milk (or almond milk)
- 1/3 cup unsweetened pumpkin(or apple sauce)
- 1/3 xylitol (or pure maple syrup)
- 1 tsp vanilla extract
- ½ tsp cinnamon
- ½ tsp baking soda
- 1 tsp vinegar
- ½ cup coconut flour, sifted
- ½ tsp nutmeg(optional) + ¼ cup sea salt (optional)
- **Carmel Sauce Ingredients**



- 2 tbsp butter or coconut oil
- 3tbsp heavy cream or coconut milk
- 2 tbsp Davinci Sugar Free Carmel Syrup (or 2 tbsp coconut sugar or 2 tbsp xylitol)

Directions:

Preheat oven to 350, grease or oil 9" cake pan.

Make the bottom fruit layer first. Place 2 ½ tbsp melted butter or coconut oil in the bottom of pan and swirl around to cover the bottom of pan.

Sprinkle 2 tbsp of sweetener of choice all over melted butter or oil in pan. Layer apple slices over the bottom of pan on top of the butter and sweetener. Sprinkle the apple slices with pecans and ¼ tsp cinnamon. Set aside.

In a large mixing bowl combine all the ingredients for the apple cake, stirring vigorously. Once thoroughly combined, pour or spoon cake batter over the apple fruit layer in the pan. Spread cake batter around evenly. Bake at 350 for 35 to 40 minutes, or until center of cake is done. Remove from oven and cool.

Make caramel sauce while cake cools. In a small sauce pan over medium high heat combine and melt, stirring continuously: 2 tbsp butter or coconut oil, 3 tbsp heavy cream or coconut milk, and 2 tbsp sweetener of choice (do not add vanilla extract yet). Once at a low boil remove from heat. Add and stir in the ¼ tsp vanilla extract.

Carefully trim around sides of cake so it doesn't stick to the pan. Then remove cake from pan by placing a large plate over the top of cake pan, and flip. Making cake upside down with fruit now on top of cake.

Poke holes all over top of cake with metal or bamboo skewer. Pour or spoon caramel sauce over top of cake. Slice and serve. It's really yummy warmed and served with a scoop of Breyers Carb Smart Vanilla.

Store unused portions in the fridge.

Estimated Nutritional Data for Low Carb Version with caramel sauce (using low carb sweetener options): Servings: 8, serving Size: 1 slice out of 8, Cal; 155, Carbs: 10 g / Net Carbs: 6.9 g, Fiber: 3.1 g, Fat: 13 g, Protein: 5 g, Sugar: 3 g