

Tom's French Apple Cake



My version of the classic French Apple Cake is a lower Gluten, lower sugar version. Please note I did not say low fat or low taste! The butter is still there after all! But the Monk Fruit “Sugar” and the Oat Flour/Almond Flour won’t spike your insulin levels like regular sugar and flour, and is a fairly low carb option (if you are really worried about that kind of stuff).

The Oat Flour gives the cake a wonderful dense and crumbly texture.

If you are watching your sugar intake, then skip the last three optional ingredients! If you don’t really care about sugar, carbs or Gluten intake then use regular sugar and Wheat Flour. Just be sure to reduce the Baking Powder to one teaspoon if using regular Wheat Flour 😊!

Ingredients:

- 1 cup (usually two sticks) unsalted butter cut into small cubes – room temperature
- 2/3 cup of Monk Fruit “Sugar” (must be the 1-1 sugar substitute type)
- 4 – large eggs – room temperature
- 2 tsp – Vanilla
- 1 cup Oat Flour
- ½ cup Almond Flour (or ½ cup of unbleached whole wheat flour (note this will boost the gluten level))
- ½ tsp of salt
- 1 1/2 tbs – Baking Powder
- 6 – Medium Apples chopped into small cubes
- Juice of ¼ lemon (OPTIONAL)
- 1 tbs of Dark Brown Sugar (OPTIONAL)
- 1 tbs of “Sugar in the Raw” to sprinkle on top of the cake (OPTIONAL)

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Preheat oven to 350° F and Grease a 9" cake pan. I like to use a cooking spray like Avacado oil or Grapeseed oil. Cut a round of Parchment Paper to fit in the bottom of the pan and a thin strip of Parchment Paper to line the sides of the pan. Spray the Parchment Paper with a light coating of the cooking spray as well.

Bring the cubed butter to room temperature until firm with some give when pressed, but not overly soft. Bring eggs to room temperature as well.

Apple Preparation:

Peel, core and chop six good size apples into small chunks/cubes. **NOTE:** If the apples are prepared ahead of the batter, I would suggest adding a good squeeze of lemon juice to prevent the apples from browning. If the apples are chopped after the batter is ready, then the lemon juice is optional. **OPTIONAL: Toss a tablespoon of brown sugar into the apples and mix before adding to the batter mixture.**

Building Your Cake

1. In a stainless steel or glass bowl combine the softened butter and the Monk Fruit "Sugar" using a hand mixer or stand mixer at low speed. Mix/Blend until a smooth paste.
2. Add the eggs on at a time and blend with the mixer until a smooth batter-like consistency.
3. Add the Vanilla and continue to blend until incorporated.
4. In another bowl combine the flours, salt, and baking powder and mix using a hand whisk until well combined.
5. Using a flour sifter or a fine strainer sift part of the flour mixture on top of the batter. Working in small batches, gently fold in and gently combine the wet and dry ingredients until smooth.
6. Time to add the **APPLES!** Just stir the prepared apples into the batter mixture.
7. Once apples and batter are combined pour/scrap into the prepared pan. The mixture should pretty much fill a single 9" cake pan. Since Oat Flour is the primary flour being used the cake will not rise too much so filling it up to the top should be fine.
8. **Optional** – Sprinkle some sugar on top of the cake before baking.
9. Place the cake pan on a cookie sheet on top of a Silpat mat (if you have one! Or use a couple of layers of Parchment Paper instead) and place on the center rack of the preheated oven.
10. Bake until cooked through and a chopstick or toothpick comes out clean.... About 35-45 minutes. If worried check it at thirty minutes. The top should turn a nice golden brown when done.