4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

the Taste and Savor Life!
Food, Wine, and Travel with Chef Nancy



1 Quick Recipe:

Apple Cake with Sage Infused Honey

1 ¼ Cups Raw Sugar
2/3 Cup Grapeseed or Avocado Oil
1/3 Cup Applesauce
2 Large Eggs
2 Large Egg Whites
2 Tsp Vanilla Extract
2 Cups Whole Wheat Pastry Flour
1 ¼ Tsp Baking Powder
1 Tsp Fine Sea Salt
½ Tsp Cinnamon
½ Tsp Allspice
¼ Tsp Baking Soda
2 Cups Peeled and Chopped Granny Smith Apples
1 Cup Chopped Toasted Walnuts
*Sage Honey

Step One Preheat the oven to 350F. In the bowl of a standing mixer, beat the sugar, oil, eggs, whites and vanilla until well blended.

Step Two
In another bowl, combine the flour, baking powder, salt, cinnamon, allspice and baking soda. Gradually beat the dry ingredients into wet mixture until blended. Fold in the apples and walnuts. Spoon into 2 loaf pans that have been lined with parchment paper. Bake for 25 – 30 minutes or until a toothpick inserted near the center comes out clean.

Step Three When the loaves have cooled, cut into 1" slices and top with the yogurt and drizzle with the Sage Honey.

2 Kitchen Scoop

*Sage Honey

1/2 Cup Honey
6 Sage Leaves, crushed
Combine the honey and sage in a small saucepan over low heat. Bring to a simmer. Remove from the heat and allow to cool before using.

3 Clever Idea

I love having this simple apple cake on hand during the holidays. I often serve it up with breakfast or slice it and put it out for a snack in the afternoon. Its a great make-ahead treat that can be frozen and served up quickly for family and friends.

4 Cheers!

Vietti Moscato d'Asti
Italy
About $17

Made with grapes from vineyards in the Piedmont region, this lovely slightly sparkling wine smells of peach, rose, apple and ginger. Just sweet enough - with good acidity, good balance, good complexity and a refreshing finish, it's a wonderful pair with the flavors of this week's recipe. Remember, when you enjoy dessert, you want to pair a wine of equal or greater sweetness in order to enhance both the wine and the food. This winner from Italy makes the delicious apple cake taste great!

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