

Apple Cheddar Bone Cake

Ingredients:

1 large apple
1 ½ cups whole wheat flour
¼ cup oatmeal
2 teaspoons baking powder
½ teaspoon baking soda
½ cup plain yogurt
½ cup water
¼ cup vegetable oil
2 tablespoons honey
2 eggs
1 cup grated cheddar cheese

Directions:

Preheat oven to 400° Fahrenheit, grease cake pan.

Core, slice and mince the apple (use a food processor if you have one). Set aside. In a large bowl, mix together flour, oatmeal, baking powder, and baking soda. In a medium bowl, blend together the yogurt, water, oil, honey, and eggs, then stir in the apple and cheese. Add to the flour mixture and stir until mixed.

Spoon the batter into a sheet pan and bake for 35-40 minutes until a toothpick inserted in the center of the cake comes out clean. Let the cake cool, cut into bone shape, frost and decorate.

Frosting:

8 ounces fat free cream cheese (vegetable cream cheese is popular)
2 tbsp honey
2 tbsp plain yogurt
3 tbsp whole wheat flour

