

Apple Cake (Moist, Reduced-Sugar Version)

Servings: 8

Ingredients

- All-purpose flour – **125 g**
- Baking soda – **¼ tsp (1.25 g)**
- Kosher salt – **¼ tsp (1.5 g)**
- Canola oil – **30 g**
- Plain Greek yogurt – **30 g**
- Granulated sugar – **150 g**
- Vanilla extract – **1 tsp (5 ml)**
- Ground cinnamon – **1 tsp (2.6 g)**
- Freshly grated nutmeg – **¼ tsp (0.5 g)**
- Egg – **1 large (≈53 g without the shell; but medium size also OK)**
- Apples – **240 g diced (≈2 medium tart apples)**
- Toasted walnuts – **57 g, chopped**



Method

1. Heat oven to **180 °C**. Grease and flour a 23 cm pan.
2. In a bowl, whisk **flour, baking soda, and salt**.
3. In mixer bowl, beat **oil, yogurt, sugar, vanilla, cinnamon, and nutmeg** until smooth.
4. Add **egg** and beat until combined.
5. Mix in dry ingredients on low until thick batter forms. Fold in **apples and walnuts** by hand.
6. Spread evenly in pan. **Bake 40–45 min**, until golden and toothpick comes out clean.
7. **Cool 10 min** before serving.

Nutrition (per serving, with walnuts)

- Calories: ~230 kcal
 - Protein: 3.7 g
 - Fat: 10 g (Sat. Fat: 1.2 g)
 - Carbs: 32 g
 - Sugars: ~18 g
 - Fiber: ~2.5 g
 - Sodium: ~65 mg
 - Omega-3: ~0.7 g
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Persimmon Cake (柿 Variation)

Servings: 8

Ingredients

- All-purpose flour – **140 g** (+15 g for extra moisture balance)
- Baking soda – **¼ tsp (1.25 g)**
- Kosher salt – **¼ tsp (1.5 g)**
- Canola oil – **30 g**
- Plain Greek yogurt – **30 g**
- Granulated sugar – **150 g**
- Vanilla extract – **1 tsp (5 ml)**
- Ground cinnamon – **1 tsp (2.6 g)**
- Freshly grated nutmeg – **¼ tsp (0.5 g)**
- Egg – **1 large (53 g without the shell; but medium size also OK)**
- Fuyu persimmon – **240 g diced (≈2 medium)**
- Lemon zest – **zest of ½ lemon** (brightens the sweeter fruit)
- Toasted walnuts – **57 g, chopped**



Method

1. Heat oven to **180 °C**. Grease and flour a 23 cm pan.
2. In a bowl, whisk **flour**, **baking soda**, and **salt**.
3. In mixer bowl, beat **oil**, **yogurt**, **sugar**, **vanilla**, **cinnamon**, **nutmeg**, and **lemon zest**.
4. Add **egg** and beat until combined.
5. Mix in dry ingredients until thick batter forms. Fold in **persimmons** and **walnuts** by hand.
6. Spread evenly in pan. **Bake 40–45 min**, until golden and set.
7. **Cool 10 min** before serving.

Nutrition (per serving, with walnuts)

- Calories: ~232 kcal
- Protein: 3.6 g
- Fat: 10 g (Sat. Fat: 1.2 g)
- Carbs: 33 g
 - Sugars: ~19 g
- Fiber: ~2.5 g
- Sodium: ~65 mg
- Omega-3: ~0.7 g



Notes for Both

- These versions are **moist** thanks to the oil + yogurt combo.
- Walnuts provide crunch, Omega-3, and balance the fruit's sweetness.
- Serve plain, dusted with powdered sugar, or with lightly sweetened whipped cream.