

Apple and Yoghurt Slice

Serves 12

INGREDIENTS

- 100g low fat plain or vanilla yoghurt
- 1 cup self-raising flour
- ⅔ cup rolled oats
- 1 teaspoon cinnamon powder
- ¼ cup sugar
- ⅔ cup low fat or high calcium reduced sugar soymilk
- 100g (slightly less than ½ cup) reduced fat cream cheese
- 3 eggs
- 1 teaspoon vanilla essence
- 1 teaspoon lemon juice
- 2 green apples, peeled, cored, sliced
- Oil to grease the pan

METHOD

1. Pre-heat oven at 180°C. Lightly grease cake pan with oil.
2. Whisk yoghurt, cream cheese, lemon juice, sugar, vanilla essence and eggs in a large bowl. Add in low fat milk or reduced sugar soymilk and mix well.
3. Add in apples to the yoghurt mixture.
4. Sift flour into the yoghurt mixture and fold in.
5. Add cinnamon powder and oats and stir until just combined. Do not overmix.
6. Pour mixture into a cake pan. Cover with foil.
7. Bake for 35-40 minutes. Transfer the cake to the cooling rack and let it cool for 15 minutes before cutting.

NUTRITIONAL VALUE

(per serving, 90g)

Energy: 129kcals
Carbohydrates: 20g
Protein: 4.9g
Fat: 3.2g
Saturated Fat: 1.4g
Cholesterol: 52mg
Dietary Fibre: 1.6g
Sodium: 185mg
Calcium: 104mg

VARIATIONS

Before serving, you can combine 1 teaspoon of lemon juice with 1 cup of yoghurt and drizzle over the sliced cake.

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National University Polyclinics



苹果酸奶蛋糕

份量: 12份

材料

- 100克低脂原味或香草口味酸奶
- 1杯自发面粉
- ⅔杯燕麦片
- 1茶匙肉桂粉
- ¼杯糖
- ⅔杯低脂牛奶或高钙低糖豆奶
- 100克(稍微少于½杯)低脂奶油乳酪
- 3个鸡蛋
- 1茶匙香草精
- 1茶匙柠檬汁
- 2个青苹果，削皮，去芯，切片
- 少许食油（用于抹烤盘）

做法

1. 预热烤炉至180°C。将蛋糕烤盘抹一层薄薄的食油。
2. 在一个大碗里，将酸奶，低脂奶油乳酪，柠檬汁， 糖和鸡蛋打发。加入低脂牛奶或高钙低糖豆奶，搅拌均匀。
3. 把苹果加入酸奶糊里。
4. 筛入面粉，混合均匀。
5. 加入肉桂粉和燕麦片，混合均匀，不要过渡搅拌。
6. 将面糊倒入蛋糕烤盘，盖上锡箔纸。
7. 烤35-40分钟。之后把蛋糕移到电线架上冷却大约15分钟，再将蛋糕切片。

营养分析

(每份, 90克)

热量：129卡路里
碳水化合物：20克
蛋白质：4.9克
总脂肪：3.2克
饱和脂肪：1.4克
胆固醇：52毫克
膳食纤维：1.6克
钠：185毫克
钙：104毫克

如何变得更多样化

您可以将1茶的匙柠檬汁和1杯酸奶混合，淋在蛋糕上面，一起食用。