

Makes 16

Ingredients

- 5 apples
- ¾ cup sugar
- ⅓ cup canola oil
- 2 eggs
- 1 teaspoon vanilla extract
- 1½ cups self raising flour
- 1 teaspoon ground cinnamon



Method

1. Preheat oven to 180°C and line lamington tray with baking paper.
2. Core and chop unpeeled apples into small pieces and mix with sugar in a large bowl.
3. In a separate bowl mix oil, eggs and vanilla extract until combined.
4. Gradually add flour and cinnamon to egg mixture.
5. Fold through apple mixture until well combined.

NUTRITION INFORMATION		
Servings per recipe: 16		
Average serving size: 78g (1 slice)		
	Per serve	Per 100g
Kilojoules (kJ)	724	923
Protein (g)	2.6	3.3
Total fat (g)	6.2	7.9
- Saturated fat (g)	0.6	0.8
Carbohydrates (g)	26.4	33.7
- Sugars (g)	16.1	20.5
Fibre (g)	1.6	2.0
Sodium (mg)	108	138

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines