

## Go With the Grain

We never miss an opportunity to sneak nutritious ingredients into our everyday recipes. Cake is no exception! We took autumn's finest apples, combined them with ingredients like whole wheat flour and ground flaxseed, and created a moist, nutrient-packed dessert that our kids—and we—can't resist. **WRITTEN BY JANICE NEWELL BISSEX, M.S., R.D., AND LIZ WEISS, M.S., R.D. | PHOTOGRAPHED BY PAULA HIBLE**

### Apple Butterscotch Cake

Makes 15 servings

- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3/4 cup granulated sugar
- 1/4 cup ground flaxseed or wheat germ
- 1 teaspoon baking powder
- 1 teaspoon pumpkin pie spice or cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 large eggs, beaten
- 1/2 cup unsweetened applesauce
- 1/2 cup canola oil
- 2 large Golden Delicious apples, coarsely grated (about 2 cups, packed)
- 1/3 cup butterscotch chips

1. Heat the oven to 350°F.
2. Spray a 9-inch-by-13-inch cake pan with nonstick cooking spray and set aside.
3. Whisk together the two kinds of flour, sugar, flaxseed, baking powder, pumpkin pie spice, baking soda, and salt in a large bowl.
4. Whisk together the eggs, applesauce, and oil in a separate bowl. Stir in the apples until well blended.

5. Pour the liquid ingredients over the dry ingredients and stir until just moistened. Stir in the butterscotch chips.
6. Pour the batter into the prepared baking pan; smooth with a rubber spatula.
7. Bake about 35 minutes, or until the top is golden and a toothpick inserted in the center comes out clean. Cool on a rack before cutting.

**NUTRITION INFORMATION** (per serving):  
220 calories, 11g fat (3g saturated fat), 160mg sodium, 28g carbohydrates, 2g fiber, 4g protein

*Janice Newell Bissex and Liz Weiss are registered dietitians, authors of The Moms' Guide to Meal Makeovers, and founders of the Meal Makeover Moms' Club at MealMakeoverMoms.com.*

## meal makeover



### A Is for Apple

Red Delicious is America's favorite apple variety, but no matter which apple you choose, all are nutritious. In fact, three of the top 20 health-enhancing antioxidant foods ranked by the United States Department of Agriculture are apples. Apples are also a good source of fiber. One medium apple has 3.3 grams of fiber (more than 10 percent of a child's daily requirement). A peeled medium apple has 1.7 grams, and 1/2 cup applesauce has 1.5 grams. Not so for apple juice, which has 0 grams.

### Cafeteria Conversation

Serve up some curiosity with your kids' lunches when you pack them in a Learning Lunch Bag. Each brown paper bag has a grade-appropriate quiz question for kids from grades 1 through 12. 50 bags, \$6.99 at [learninglunch.com](http://learninglunch.com).

## Whole-Grain Taste Test

We asked kids to compare the taste of some of the new whole-grain food products with their original counterparts. The results are in!

**Pepperidge Farm Goldfish Made With Whole Grain**



VS.

**Pepperidge Farm Goldfish**

Even with double the fiber, our tasters gave this new whole-grain snack food "two thumbs up."

**Nabisco 100% Whole Grain Fig Newtons**



VS.

**Nabisco Fig Newtons**

Original Fig Newtons use enriched wheat flour, essentially white flour, with the bran and germ removed. Happily, most of our tasters either preferred the whole-grain version or liked both goodies equally.

**Barilla PLUS Rotini**



VS.

**Barilla Rotini**

We give Barilla Plus an A-plus for the extra fiber, Omega-3 fat, B vitamins, and protein. Topped with spaghetti sauce and Parmesan, it got high marks from our panel.

**Thomas' Whole Grain Cinnamon Raisin Swirl Bread**

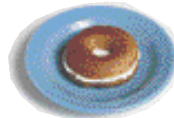


VS.

**Thomas' Cinnamon Raisin Swirl Bread**

Toasted, with a little butter or jam, most kids like both versions. As dietitians, we like the fact that the new one, made with 100 percent whole wheat flour, has more nutrients and double the fiber.

**Pepperidge Farm 100% Whole Wheat Mini Bagels**



VS.

**Pepperidge Farm Plain Mini Bagels**

If our panel saw these side by side, they may have chosen the more familiar white bagel. But with their eyes closed, more than half liked both bagels equally.

**Annie's Home-grown Whole Wheat Shells & Cheddar**



VS.

**Annie's Homegrown Shells & White Cheddar**

The whole wheat version contains 5 grams of fiber per serving vs. 1 gram in the original. The majority of our panel loved both versions of this all-natural mac & cheese.