

# Spiced Apple & Pear Skillet Cake



*This simple cake strikes the perfect balance of sweetness while celebrating fresh fall fruit!*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## INGREDIENTS

*For the Cake Batter:*

½ cup	Flour, all-purpose
½ cup	Cornmeal
2 tsp	Baking Powder
¼ tsp	Salt
½ tsp	Cinnamon
½ tsp	Ginger, ground
Pinch	Cloves, ground
1 large	Egg
1/3 cup	Milk, 1%
¼ cup	Water
2 Tbsp	Canola or Vegetable Oil
1/4 cup	Granulated Sugar

*For the Fruit:*

1 ½ Tbsp	Butter, unsalted
2 Tbsp	Brown Sugar, light or dark
1 tsp	Water
1 cup	Apple and Pear, any combination, unpeeled & diced (about 1 full piece of fruit)

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F.
2. Make the batter: Combine the flour, cornmeal, baking powder, salt, cinnamon, ginger, and cloves in a medium bowl and whisk to mix thoroughly. In a separate bowl, whisk the egg, milk, water, oil, and sugar together. Mix the wet ingredients into the cornmeal mixture using a spatula or wooden spoon, stirring until well mixed. Set aside.
3. In a 6-inch, well-seasoned cast iron or heavy-duty stainless-steel skillet, melt the butter over medium heat. Add the brown sugar and cook until the sugar dissolves, about 1 minute. Add the water and cook until saucy, about 3 minutes. Add the chopped apples and pears in an even layer over the butter sugar mixture.

## CHEF'S NOTES

Leaving the skin on your apples and pears will give you a little fiber boost in your desserts!

This recipe can be made with any fresh, ripe fruit you have on hand depending on the season – blueberries, peaches, pineapple, and strawberries are also great options.

This recipe also works well in a greased loaf pan or muffin tin, if you don't have a 6-inch skillet. Simply transfer your cooked fruit mixture to the pan before the cake batter, then bake as directed.

4. Carefully pour the batter over the apple/pear mixture and place the skillet on rimmed baking sheet. This will catch any spillover in the oven.
5. Bake for 30-40 minutes, until the cake springs back when touched gently or a toothpick inserted in the center comes out clean.
6. Allow to cool for about 5-8 mins and then flip over onto a large plate, being careful as the pan should still be hot but not extremely hot.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size</b>	<b>1 slice (100 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value *</b>	
<b>Total Fat 9g</b>	<b>11%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 270mg</b>	<b>12%</b>
<b>Total Carbohydrate 34g</b>	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 16g	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein 4g</b>	<b>7%</b>
Vitamin D 0.33mcg	0%
Calcium 120mg	9%
Iron 1mg	7%
Potassium 100mg	2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

