



Apple Upside Down Cakes

INGREDIENTS:

2 tbsp butter
6 apples medium dice
1/3 cup brown sugar
2 tsp lemon juice
1 cup chopped walnuts
1/4 cup raisins
1 tsp cinnamon
1/8 tsp nutmeg
1/8 tsp clove

1 cup pastry flour
1/2 cup cornmeal
3/4 tbsp baking powder
1/4 tsp salt
5 oz yogurt
1 cup honey

2 large eggs

INSTRUCTIONS:

1. Sauté the butter, apples, brown sugar, lemon juice, and walnuts together. Then put into a muffin pan that is greased and lightly floured.
2. Sift flour, cornmeal, baking powder and salt. Then stir in honey, and yogurt until blended.
3. Whisk in large egg in with the flour, cornmeal, honey, yogurt, baking powder and salt.
4. Bake for 15 min. in 400 degree convection oven. Then top with lightly sweetened whipped cream.