**MY CULTURAL HERITAGE: FAMILY AND TRADITIONAL RECIPES**

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| **Name of the recipe:** | Moist apple cake |
| **Author:** | Rafaela Dias |
| **Origin:** | Portuguese |
| **Characteristics:** | It's moist and soft and cooked with healthy ingredientes. |
| **Who created it?** | Unknown |
| **Why is it special?** | Because when I was younger I used to do it with my parents |
| **When do I eat it?** | Once a month |
| **Ingredients:** | eggs  apple and banana 100% fruit puree  apple  milk  oil  powdered oats  honey  yeast |
| **Preparation:** | - Preheat the oven to 180 ° C.  - Grease a cake pan with a dessert spoon of coconut oil and sprinkle with a tablespoon of powdered oats.  - Wash the apples and cut them into small cubes. Reserve.  - In a bowl, mix the remaining powdered oats, yeast and cinnamon. Reserve.  - In a blender, beat the eggs, lactose-free milk, honey, melted coconut oil and apple and banana fruit purees.  - Add the oat mixture and beat again.  - Add the apple cubes and wrap in the dough without crushing them.  - Pour the dough into the pan and bake in the oven for 30 to 40 minutes, until cooked. |
| **Servings:** | 7 people |
| **Cooking time:** | 30/ 40 minutes |
| **Picture:** |  |