

Southworth's Tea Cake

Ingredients

1 1/2 (one and one-half) cups hot tea
1 cup dried apples
1 cup cornmeal
1 cup whole wheat flour
2 cups unbleached white flour
1 cup nonfat dry milk powder
4 Tablespoons cocoa
2 teaspoons baking soda
1 teaspoon ground cinnamon
1 teaspoon pumpkin spice
1/2 (one-half) cup honey
1/2 (one-half) cup corn oil
1/2 (one-half) cup chopped nuts
2 eggs

Method

Soak dried apples in tea for twenty minutes. In a mixing bowl, combine cornmeal, flours, dry milk, cocoa, baking soda and spices. Stir well. Add honey, oil, nuts and eggs to prepared fruit and beat well. Add all at once to dry ingredients. Beat well and pour into lightly oiled and floured 13 X 9- inch cake pan. Bake in preheated 350 degree oven for 45 minutes. Remove from oven and cool in pan. Serve warm or cold with low-fat whipped topping. Yields 18 servings.