



Apple Coffee Cake

2 cups Buckwheat flour	1 Cup Buckwheat
1 T baking powder	1 ½ t Baking Powder
2 T cinnamon	1 ½ t cinnamon
1 cup apple-butter or applesauce	½ cup apple butter or applesauce
1 1/2 cup lukewarm water	¾ cup lukewarm water
1 cup oil	½ cup oil
1 1/2 cups sugar	¾ cup sugar
1 apple chopped up	½ apple chopped up
2 beaten egg white	1 beaten egg white
Spray 9 X 13 pan	Spray 8 X 8 pan

Preheat oven to 400

Beat egg white till soft peak.

Combine dry ingredients (flour, baking powder, cinnamon, and sugar)

Combine apple-butter, chopped apples, oil, and water. Mix with dry ingredients until well blended

Stir in egg white.

Pour into pan

Bake until light brown and slightly crustly (approx 40-50 minutes 9 X 13) (Guessing 30 min for 8X8)

Frosting 2 cups of powdered sugar and a little almond milk to make a glaze

This bread was inspired by the Apple bread in [The Autism Cookbook: 101 Gluten-Free and Dairy-Free Recipes](#) by Susan K Delaine. The first time my family tasted the apple bread they asked me if I could turn it into a coffee cake so this recipe was born.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Breakfast.html>