



**INGREDIENTS:**

- 1 cup honey
- 1 cup flour
- 1/4 cup canola oil or applesauce
- 2 tablespoons white bean flour
- 1 egg
- 1/2 teaspoon cloves
- 2 cups mashed pinto beans
- 1/2 teaspoon allspice
- 1 teaspoon ginger
- 2 teaspoons vanilla
- 1 teaspoon cinnamon
- 2 cups grated apples
- 1/2 teaspoon salt
- 1 cup raisins or dates
- 1 teaspoon soda
- 1 cup chopped nuts or seeds

**METHOD:**

Cream honey, oil or applesauce, egg and mashed beans. Add remaining ingredients and pour into 10 inch tube cake pan or 9x13 cake pan sprayed with non-stick coating. Bake at 375°F for 45 minutes.