



## Pinto Bean Apple Cake

### 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.