

Prep Time: 15 minutes

Cook Time: 40-45 minutes

Total Time: 1 hour

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Ingredients

For the Cake:

- 2 cups all-purpose flour
- 1 ½ cups granulated sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves

- ½ teaspoon salt
- 1 cup unsweetened applesauce
- ½ cup vegetable oil or melted butter
- 2 large eggs
- 2 tablespoons molasses (or dark corn syrup)
- 1 teaspoon vanilla extract
- 1 cup raisins (optional, but highly recommended)
- ½ cup chopped walnuts or pecans (optional)

For the Optional Glaze:

- 1 cup powdered sugar
- 2-3 tablespoons milk or apple cider
- ¼ teaspoon vanilla extract

Instructions

Step 1: Prepare for Baking (Time: 5 minutes | Intensity: Low)

Preheat your oven to 350°F (175°C). Grease and flour a 9×13-inch baking pan, or line it with parchment paper for easy removal.

Step 2: Combine Dry Ingredients (Time: 3 minutes | Intensity: Low)

In a large mixing bowl, whisk together the flour, sugar, baking soda, cinnamon, nutmeg, cloves, and salt. This ensures the spices and leavening agent are evenly distributed throughout the cake.

Step 3: Add Wet Ingredients (Time: 3 minutes | Intensity: Low)

Create a well in the center of your dry ingredients. Pour in the applesauce, oil (or melted butter), eggs, molasses, and vanilla extract. Stir everything together with a spatula or wooden spoon until just combined. Be careful not to overmix; a few small lumps are perfectly fine.

Step 4: Fold in the Extras (Time: 2 minutes | Intensity: Low)

Gently fold in the raisins and chopped nuts, if using. This is the final step before baking.

Step 5: Bake the Cake (Time: 40-45 minutes | Intensity: Low)

Pour the batter into your prepared baking pan and spread it evenly. Bake for 40-45 minutes, or until a toothpick inserted into the center comes out clean. The cake should be a beautiful golden-brown color and will start to pull away slightly from the edges of the pan.

Step 6: Cool and Glaze (Time: 10 minutes active, 20 minutes passive | Intensity: Low)

Let the cake cool in the pan on a wire rack for at least 20 minutes. While it cools, you can make the optional glaze. In a small bowl, whisk together the powdered sugar, 2 tablespoons of milk (or apple cider), and vanilla. If the glaze is too thick, add the remaining tablespoon of milk, one teaspoon at a time, until you reach a pourable consistency. Drizzle the glaze over the warm (but not hot) cake. Slice and serve!

Nutrition Information (per serving)

Please note: Nutritional information is an estimate and will vary based on the specific ingredients you use (e.g., the type of oil, whether you include nuts and raisins, and the size of your slice).

Serving Size: 1 slice (1/16th of the cake, without optional glaze)

- Calories: 230 kcal
- Total Fat: 9g
- Saturated Fat: 1g
- Cholesterol: 23mg
- Sodium: 150mg
- Total Carbohydrates: 36g
- Dietary Fiber: 1g
- Total Sugars: 22g
- Protein: 2.5g