



Fenugreek

APPLE SPICE CAKE



BENEFITS:

Moist and flavorful. Lower in fat thanks to applesauce. Wonderful fall-inspired dessert.



INGREDIENTS:

- 2 cups flour
- 1 cup diced apples
- 1 tsp cinnamon
- ¼ tsp ground fenugreek
- 2 eggs
- ½ cup applesauce
- ½ cup brown sugar



*Made with love
and herbal goodness!*

INSTRUCTIONS:

- 1 Preheat oven to 350°F (175°C).
- 2 Mix ingredients until combined.
- 3 Pour into a greased 8-inch pan.
- 4 Bake 30–35 minutes.
- 5 Cool before serving.



Fenugreek Flavor Tip

A little fenugreek goes a long way. Start with ¼–½ teaspoon ground fenugreek in baked goods and savory dishes. Too much can make foods taste bitter.



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