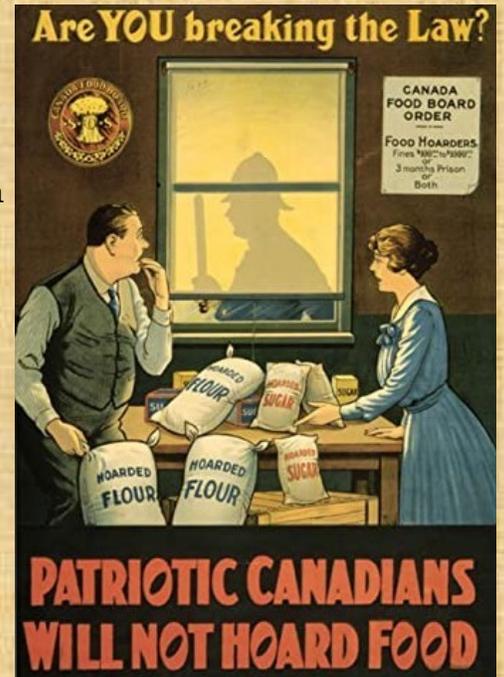


Applesauce Cake

Believe it or not, applesauce cake is not a new recipe created as a vegan alternative for the cakes we all know and love. Applesauce cake became a fad during the First World War. Canadians were asked to use certain food items frugally such as eggs, dairy, sugar and flour so they could be sent to soldiers over seas. In fact, hoarding these items was illegal. Women baking at home created innovative alternatives born out of wartime economics, like the applesauce cake which required no eggs or dairy.

- 1 cup applesauce
- 1 cup sugar
- 1/2 cup shortening
- 1 1/2 cups flour
- 1 teaspoon baking soda
- Spices, fruits and nuts to taste*



Mix baking soda into the applesauce. Cream together the sugar and shortening. Add the applesauce and soda mixture to the sugar and shortening, beat well. Stir in the flour and spices. Add fruits and nuts. Pour the batter into a greased and floured 8 inch square pan. Bake at 350 degrees F (175 degrees C) for 40 minutes.

*We recommend using cloves, cinnamon, raisins and walnuts.