

Date and Walnut Chocolate Spice Cake

Serves 9

Ingredients:

1 Bag Wellness Forum Health MMM Chocolate Cake Mix

1 tablespoon cinnamon

1 teaspoon ground cloves

pinch cayenne pepper, optional

2 1/8 cup unsweetened applesauce

1 1/2 cups chopped dates

1 1/2 cups chopped walnuts

Instructions:

- Lightly oil a 9x13-inch baking dish. Set aside
- Add the cake mix to a bowl with the cinnamon and ground cloves. Mix well.
- Make a well in the center of the dry ingredients and add the applesauce, dates and walnuts. Gently fold the mixture together.
- Spoon the cake batter into the oiled pan and bake for 25-30 minutes or until a toothpick inserted in the center of the cake comes out clean.
- Let cool 15 minutes before serving