

Moroccan Date and Walnut Cake
Serves 9

1 Package Wellness Forum Health **Applesauce Cake Mix**
2 cups plus 2 tablespoons unsweetened applesauce
1 1/2 cup chopped dates
1 cup chopped walnuts
1 teaspoon ground cardamom

Instructions:

- Preheat oven to 350 Degrees.
- Lightly oil a 9x13 inch baking pan.
- Place the cake mix into a medium sized mixing bowl.
- Add the applesauce, dates, walnuts, and cardamom.
- Using a wooden spoon or rubber spatula, gently fold together the ingredients until smooth.
- Do not over-mix.
- Spoon into the prepared pan and bake 25 minutes, or until a toothpick inserted in the center of the pan comes out clean.