

Mum's Layered Apple Cake



Serves	8-10
Prep time	30 minutes
Cook time	50 minutes
Total time	1 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot
By author	My Mum

Ingredients

- 3 Large Red or Golden Delicious apples (peeled and thinly sliced)
- 125g butter (softened)
- 3/4 cups castor sugar
- 2 eggs
- 2/3 cups white self-raising flour
- 1/2 cup plain white flour
- 1/2 cup sour cream
- Castor sugar (extra)

Directions

1. Preheat the oven to 180°C. Grease and line a 20cm round tin.
2. Sift the flours together and put aside.
3. Using an electric mixer, beat the butter and sugar until light and fluffy.
4. Beat in the eggs one at a time. Fold in the flour alternatively with the sour cream.
5. Spread half the cake mixture over the base of the prepared tin. Top with half the apples, then spread the remaining cake mixture over the apples. Arrange the rest of the apples over the top and sprinkle with the extra castor sugar.
6. Bake for 50 minutes. Leave in the pan to cool for a few minutes then turn out onto a wire rack to cool.
7. Can be eaten warm or cold.

Note

Low Amines, Moderate Salicylates, Low Glutamates