

Session Twelve:

Planning for Vacations or Holidays

In this session, the participant will:


1. Identify the challenges that vacations and holidays present to low-fat eating.
2. Review the strategies participants can use to handle vacations and holidays.
3. Identify ways to modify home-baked goods to reduce their fat content.

Checklist of Materials Needed																	
Supporting Materials	<input type="checkbox"/> Fat Scans <input type="checkbox"/> Sample recipe for practice (Fresh Apple Cake)																
Food & Paper Supplies	<input type="checkbox"/> Beverages of choice (coffee, tea, juice) <input type="checkbox"/> Creamer, sugar, coffee stir sticks, optional <input type="checkbox"/> Paper supplies: plates, napkins, cold cups, hot cups (if needed) <input type="checkbox"/> Plastic forks or spoons <input type="checkbox"/> <u>Food Tasting</u> : Lower-fat baked good (homemade and/or commercial). Choose at least one recipe in the session for tasting: Yogurt Blueberry Muffins, Yogurt Brownies, Lemon Cookies or Fresh Apple Cake. <i>Note:</i> If you choose different foods for the Food Tasting, emphasize lower-fat baked goods (homemade or commercial).																
Participant Manual																	
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Group Nutritionist Note: This session deals with both vacations and holidays because the challenges and solutions are similar. Depending on the time of the year, you can focus the discussion around either one without changing the message of the session (e.g., Spring/Summer: vacations, Fall/Winter: holidays).

Session 12 Outline—Key Activities

Activity Type (Time)	Activity
Large Group Discussion (15 minutes)	<p style="text-align: center;">Review of Home Activity</p> <p>◆ Discuss experiences with identifying and replacing negative self-talk messages.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What were some of the negative thoughts or concerns that you identified during the past month? - What positive messages did you use to replace your negative messages? - How well did your positive messages work? - Share what got in your way, if you didn't complete this part of your home activity goal.
 <i>Notes</i>	
Large Group Discussion (15 minutes)	<p style="text-align: center;">New Material</p> <p>◆ Use Worksheet 12-1.</p> <p>◆ Participants discuss eating pattern changes during vacations, holidays, and other special occasions.</p> <ul style="list-style-type: none"> • Places/activities • Availability of foods • People • Emotions/thoughts <p>◆ Key point—participants identify areas that influence eating during special occasions.</p>



Large Group Discussion (10 minutes)

- ◆ Discuss strategies/skills to handle challenges. Use participant experiences.
 - Eating away from home
 - Lower-fat alternatives
 - Rewording negative messages
 - Alternative non-food activities
 - Communication/assertiveness skills
 - Budgeting fat grams
- ◆ Key point—participants identify strategies they can use to handle special occasions.



Small Group Activity (20 minutes)

- ◆ Form small groups (3-4)—identify special situation.
 - Use **Worksheet 12-1**. Identify challenges.
 - Use **Worksheets 12-2, 12-3** and/or **12-4** to identify strategies.
- ◆ Share ideas with large group.
- ◆ Key point—participants practice handling a special occasion.



Small Group
Activity/Food
Tasting
(40 minutes)



- ◆ Use **Worksheet 12-6**. Briefly review low-fat baked good substitutions.
- ◆ Form small groups (3-4). Use **Worksheet 12-5** to practice modifying baked good recipe.
- ◆ Share experiences with larger group.
- ◆ Include **Food Tasting** here, if possible.
 - Emphasize ways to limit fat in baked goods (homemade or commercial).
 - Encourage discussion of food/recipe acceptability.
- ◆ Key point—participants practice modifying baked good recipes.

Large Group
Discussion
(10 minutes)



Summary

Discuss the issues and identify participants who need more help.

- ◆ Focus on high-risk situations where eating too much fat has been a challenge.

Q/A:

- What vacation or holiday challenges are the most difficult for you to handle?
- What skills or strategies do you think will be the easiest for you to use to handle your vacation or holiday challenges?

Home Activity


Large Group
Discussion
(8 minutes)



- ◆ Assign two Fat Scans.
- ◆ Ask them to complete **Worksheet 12-7** at home. Answer questions.

Total Time:
118 minutes

Session Twelve: Planning for Vacations or Holidays

Activity Type (Time)	Activity
Large Group Discussion (15 minutes) 	REVIEW OF HOME ACTIVITY
	<p>♦ Discuss experiences with identifying and replacing negative self-talk messages.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What were some of the negative thoughts or concerns that you identified during the past month? - What positive messages did you use to replace your negative messages? - How well did your positive messages work? - Share what got in your way, if you didn't complete this part of your home activity goal.
	OVERVIEW OF SESSION

- During the last six months, you have learned many new skills to change and maintain your new eating habits. You have also had the opportunity to identify the ways that people, places, activities and thoughts may influence your food choices.
- In today's session, you have the chance to use your new skills and knowledge to plan ways to handle the challenges created by vacations and holidays. We will also identify low-fat substitutes that you can use to lower the fat in home-baked goods. These foods are usually more available during vacations and holidays.

NEW MATERIAL**Identifying Potential Challenges of Vacations and Holidays**

PURPOSE: Identify vacation and holiday challenges to lower-fat eating lifestyles.

**Large Group
Discussion
(15 minutes)**

- ◆ **Use Worksheet 12-1.**
- ◆ **Participants discuss eating pattern changes during vacations, holidays, and other special occasions.**
 - **Places/activities**
 - **Availability of foods**
 - **People**
 - **Emotions/thoughts**
- ◆ **Key point—participants identify areas that influence eating during special occasions.**

- Vacations, holidays, and other celebrations are festive occasions filled with people, foods and emotions. They present many of the same challenges that we have discussed in earlier sessions. These challenges include the places you go, the activities you do, the people around you, the availability of lower-fat foods, and your own expectations and thoughts.



Group Nutritionist Note: Focus can be on vacations or holidays. Involve participants, ask for examples for each type of challenge (places/activities; foods available; family/friends and thoughts/emotions). For ideas refer to Table 1a (Holidays) or Table 1b (Vacations), Nutritionist's Reference for **Worksheet 12-1** in the Nutritionist Manual, Session 12, pages 13-16.

Use one of the group's examples to review the questions on **Worksheet 12-1**. If the group doesn't have an example, use the holiday example below.

Here is a holiday example:

Imagine that you've just been invited to a family holiday dinner at your daughter's (or friend's) home. During the holidays, your family (or friends) get together and everyone brings their favorite high-fat foods. The women gather in the kitchen to prepare dinner and nibble on high-fat snacks. Last year, your daughter made all your favorite foods and she was very disappointed when you said you couldn't eat dessert. This year, she plans to make pumpkin pie. It's your favorite dessert.



Q/A:

- What challenges do you see in this holiday (or vacation) example?
- What happens to your eating patterns during vacations or holidays?
- What foods are usually available during vacations or holidays?
- What thoughts or emotions do you have when you are on vacation or enjoying a holiday?

Where Do You Start?

- When you begin to plan for vacations or holidays, think about the event. Use the same thinking process you learned with the session on Problem Solving (Session 10).
 - Identify your challenge(s).
 - Identify the strategies you can use to handle your challenge(s).

Questions to Ask Yourself

- You can get a better picture of your potential (holiday or vacation) challenges by asking yourself a set of nine questions. Let's see how these questions could help to define some potential challenges.

Questions to Help Define Your Challenges

- | | |
|--------------------------------|--|
| Places & Activities | <ul style="list-style-type: none"> • Where are you staying (family, friends, motel, etc.)? • What activities are you going to do (how will you travel?)? |
| Available Foods | <ul style="list-style-type: none"> • What foods will be available? • What specific foods do you want to eat? |
| Family & Friends | <ul style="list-style-type: none"> • How much pressure will there be from other people to eat high-fat foods? • Who can you ask to help? |
| Emotions & Feelings | <ul style="list-style-type: none"> • What emotions or feelings do you have about this vacation or holiday? |
| Time (Budgeting) | <ul style="list-style-type: none"> • How long will you be in this situation (length of vacation or holiday)? • How much time do you have to reduce your fat intake before the event? |

**Large Group
Discussion
(10 minutes)**

Review of Skills to Handle Vacations and Holidays

PURPOSE: Identify skills they already have to handle vacation and holiday challenges.

◆ **Discuss strategies/skills to handle challenges. Use participant experiences.**

- **Eating away from home**
- **Lower-fat alternatives**
- **Rewording negative messages**
- **Alternative non-food activities**
- **Communication/assertiveness skills**
- **Budgeting fat grams**

◆ **Key point—participants identify strategies they can use to handle special occasions.**

- During the past six months you have learned many different strategies and skills you could use to handle many of the challenges you just identified. Let's review some of these skills.



Q/A:

- What are some of the skills you could use to handle the challenge(s) you have identified?



Group Nutritionist Note: For ideas refer to Table 1a or 1b, Nutritionist Reference for **Worksheet 12-1**, pages 18-21.

**Small Group
Activity
(20 minutes)**

Practice

PURPOSE: Practice applying strategies to handle vacation/holiday challenges.

- ◆ **Form small groups (3-4)—identify special situation.**
 - Use **Worksheet 12-1. Identify challenges.**
 - Use **Worksheets 12-2, 12-3 and/or 12-4 to identify strategies.**
 - ◆ **Share ideas with large group.**
 - ◆ **Key point—participants practice handling a special occasion.**
- Now it's your turn to plan ways you can handle your next vacation, holiday or another special occasion.
 - Use the questions listed on **Worksheet 12-1**. Think about your specific event. Most people have similar challenges, so it helps to share ideas with the other people in your small group. Let everyone provide some responses to the questions on the worksheet. Discuss the challenges that all of you have in common and some of the skills you could use to maintain your eating patterns. Write your ideas down on **Worksheet 12-1**.
 - If you need some ideas, review the strategies listed on **Worksheet 12-2** and **Worksheets 12-3** (Vacation Tips) or **Worksheet 12-4** (Holiday Tips). You can also use some of the ideas from an earlier worksheet in Session 6 for meals eaten away from home (**Worksheet 6-1**, How to Eat Less Fat at Social Occasions).



Q/A:

- What were some of the challenges you had in common?
- Share some of the skills or strategies you identified to handle your challenges.

**Small Group
Activity/Food
Tasting
(40 minutes)**

Modifying Home-Baked Goods

PURPOSE: Identify lower-fat substitutes to use to lower the fat content of home-baked goods.

- ◆ **Use Worksheet 12-6. Briefly review low-fat baked good substitutions.**
- ◆ **Form small groups (3-4). Use Worksheet 12-5 to practice modifying baked good recipe.**
- ◆ **Share experiences with larger group.**
- ◆ **Include Food Tasting here, if possible.**
 - **Emphasize ways to limit fat in baked goods (homemade or commercial).**
 - **Encourage discussion of food/recipe acceptability.**
- ◆ **Key point—participants practice modifying baked good recipes.**

Group Nutritionist Note: If you have participants in your group who do not bake or dislike food preparation activities you could ask them to identify choices of commercial baked goods that are lower in fat.



Q/A:

- What home-baked good recipes have you tried to modify?
- How did you and others like the results of your modifications (the home-baked goods that were produced)?
- Most people bake during holidays, vacations and other special occasions. Today, we are going to look at some of the tips you can use to make your home-baked goods lower in fat.
- Most people bake during holidays, vacations and other special occasions. Today, we are going to look at some of the tips you can use to make your home-baked goods lower in fat.
- Last month, you were asked to bring one of your favorite home-baked good recipes that you wanted to modify. Does everyone have a recipe to use?



Group Nutritionist Note: Mention that the home-baked good recipes they tasted a few minutes ago were made using these suggestions. See Table 2, Nutritionist Reference for **Worksheet 12-5** on pages 22-23.

A sample Apple Cake recipe is available for anyone who may have forgotten to bring a recipe (page 24 of Nutritionist materials). The lower-fat version can be found on page 25.

Let's begin by looking at some ideas you can use to reduce the fat in your recipes while maintaining the flavor and moisture. These ideas are listed on pages 7 and 8 in your Participant Manual.

Practice

- Okay, now let's practice modifying your recipes. In your small groups, take out **Worksheet 12-5** and write down the name of the recipe you are going to modify.
- List all the high-fat ingredients in your recipe. Use your Fat Counter or **Worksheet 12-6** to look up the grams of fat in each of the ingredients you listed.
- Add up the total amount of fat in your recipe and divide the total by the number of servings your recipe makes. If your recipe has more than 4 grams of fat per serving, use **Worksheet 12-6** to find some lower-fat substitutes.
- Use **Worksheet 12-5** to list the low-fat substitutes and the grams of fat across from the higher-fat ingredients they will replace.
- Add up the total amount of fat in your modified recipe and divide by the number of servings. This will give you the number of fat grams in one serving. Compare your original recipe and your lower-fat recipe to see how many grams of fat you removed.




Q/A:

- What foods or ingredients added fat to your recipes?
- What were some of the lower-fat substitutes you used to reduce the fat in your recipe?
- What strategies could you use if you are unable to lower the fat in a favorite recipe to less than 4 grams per serving?

Group Nutritionist Note: Suggestions for other strategies participants could use if they are unable to lower the fat in a favorite recipe.

- Eat a smaller serving or share with a friend.
- Budget the extra fat grams I need.
- Find new recipes that are lower in fat to replace my old high-fat recipes.

- Okay, let's take a break to sample some lower-fat home baked goods. In earlier sessions we have discussed ways to lower the fat in main dishes and desserts. Today we are going to focus on home-baked goods. This will give you some ideas of how to make delicious lower-fat baked goods.

	<p style="text-align: center;">SUMMARY</p> <ul style="list-style-type: none"> Vacations and holidays may present some challenges to maintaining your new eating style. However, you have many skills that you can use to take control of the situation. Your experiences during the past six months have made it easier for you to identify your challenges and develop workable plans. (Use the questions in the box below to encourage discussion.)
<p>Large Group Discussion (10 minutes)</p> 	<p>Discuss the issues and identify participants who need more help.</p> <ul style="list-style-type: none"> ◆ Focus on high-risk situations where eating too much fat has been a challenge. <p>Q/A:</p> <ul style="list-style-type: none"> - What vacation or holiday challenges are the most difficult for you to handle? - What skills or strategies do you think will be the easiest for you to use to handle your vacation or holiday challenges?
	<p style="text-align: center;">HOME ACTIVITY</p>
<p>Large Group Discussion (8 minutes)</p>	<ul style="list-style-type: none"> ◆ Assign two Fat Scans. ◆ Ask them to complete Worksheet 12-7 at home. Answer questions. <ul style="list-style-type: none"> Let's take a few minutes and go over this month's assignment. Use your Home Activity Worksheet 12-7 to establish goals and to think through what you are going to do to accomplish these goals. First, complete two Fat Scans during the next month. I suggest you keep one next week on (dates) and one the week before our next meeting on (dates). Be sure each Fat Scan includes a weekend day. Write down the dates you are going to keep your Fat Scan to help remind you. Calculate your fat score and your average daily servings of fruits/vegetables and grains. Second, use the vacation or holiday plan you developed on Worksheet 12-1 to handle one vacation, holiday or other special event.

- Third, choose at least one new low-fat baked good to buy or prepare. Look at the products available at your grocery store and at the recipes listed in your Participant Manual (end of this Session 12), or a recipe you modified in class. Write the name of the recipe or commercial baked good you will try on your Home Activity Worksheet (**Worksheet 12-7**).
- We will review the evaluation questions on your Home Activity Worksheet at the beginning of next session, so be sure to fill them out.

Table 1a
Nutritionist Reference Table for Worksheet 12-1
 Planning for Holidays

Question	My Answer	Challenge/Roadblock	Skills I Can Use	Will it work? (Yes, Maybe, No)	Other Strategies I Can Use
Place & Activities:					
Where will you stay?	Daughter's home.	Thanksgiving dinner.	Can't change location.		
What activities will you be doing?	Visiting with family and friends, preparing meals and eating.	Sitting around and eating.	Plan to bring yard games to get away from food. Take a walk with the grandchildren.	No: Can't count on the weather.	Could plan to bring warm clothes, walking shoes and an umbrella.
Available Foods:					
What foods will be available?	Traditional foods: ham, candied yams, mashed potatoes, gravy, stuffing, creamed vegetables and pumpkin pie.	Too much high-fat foods.	Prepare some low-fat snacks to take.	Yes.	
What specific foods do you want?	Pumpkin pie (it's my favorite).	Don't want to give up my pumpkin pie.	Budget the extra fat grams over the next week.	Maybe.	Eat a smaller serving.
Family & Friends:					
How much pressure will you get from family or friends?	A lot of pressure during the holidays to eat.	My daughter insists I take some leftovers home.	Be assertive and say "no." Take the leftovers home but throw them away.	Maybe, but I am not good at being assertive and I hate to throw food away.	Put the leftovers in the freezer. Give the leftovers away.
Who can help you?	My cousin, Susan.	It is difficult for me to ask others for help.	Plan to call my cousin this week and see if she will help me.	Yes, she is trying to control her cholesterol.	

(Table 1a, continued.)

Question	My Answer	Challenge/Roadblock	Skills I Can Use	Will it work? (Yes, Maybe, No)	Other Strategies I Can Use
Emotions & Feelings:					
What emotions or feelings do you have about this occasion or event?	I am excited about the holiday. Nervous about what my family will think of my low-fat program.	Negative self-talk: Only high-fat holiday foods taste good.	Identify my negative messages, rewrite them into positive message that I can use before I leave.	Yes.	
Time (Budgeting):					
How long will you be in this situation?	High-fat leftovers are usually around for three days.	Food is tempting.			
How much time do you have to prepare before the event?	The holiday is two weeks away.	I have two other parties the week before I leave.	I will plan to eat lighter at the other parties or bring low-fat dishes.	Yes.	

Table 1b
Nutritionist Reference Table for Worksheet 12-1
 Planning for Vacations

Question	My Answer	Challenge/Roadblock	Skills I Can Use	Will it work? (Yes, Maybe, No)	Other Strategies I Can Use
Place & Activities:					
Where will you stay?	Daughter's home.	They do not follow a lower-fat eating pattern.	Can't change location.		
What activities will you be doing?	Visiting with family and friends, preparing meals and eating.	Sitting around and eating.	Plan to bring yard games to get away from food. Take a walk with the grandchildren.	No: Can't count on the weather.	Could plan to bring warm clothes, walking shoes and an umbrella.
Available Foods:					
What foods will be available?	Snack foods: chips, dip, cheeses. Higher-fat desserts: pies, cakes, cookies and ice cream. Restaurant meals at least two times during stay.	Too much high-fat foods. They like to go to "all-you-can-eat" restaurants.	Prepare some low-fat snacks to take. Bargain with daughter to have more fruits and vegetables available. Offer to make some of my favorite lower-fat desserts. Review the dining out and menu evaluation skills in Session 6.	Yes.	
What specific foods do you want?	Dutch Chocolate cake.	I love chocolate.	Budget the extra fat grams over the next week.	Maybe.	Eat a smaller serving.

(Table 1b, continued.)

Question	My Answer	Challenge/Roadblock	Skills I Can Use	Will it work? (Yes, Maybe, No)	Other Strategies I Can Use
Family & Friends:					
How much pressure will you get from family or friends?	The pressure won't be too bad, except for the birthday celebration.	It's my grand-daughter's birthday and I don't want to disappoint her.	Budget fat grams. Be assertive and say no to "seconds."	Maybe, but I am not good at being assertive.	
Who can help you?	My daughter.	It is difficult for me to ask others for help.	Plan to call my daughter this week and see if she will help me.	Yes, she is trying to control her cholesterol.	
Emotions & Feelings:					
What emotions or feelings do you have about this occasion or event?	I am excited about the vacation. I would like to take a vacation from my eating plan.	Negative thoughts (self-talk).	Identify my negative messages, rewrite them into positive messages that I can use before I leave.	Yes.	
Time (Budgeting):					
How long will you be in this situation?	One week, and we will go out to eat at least twice while we are at my daughter's house.	High-fat foods are easily available. Don't have a lot of time to budget.			
How much time do you have to prepare before the event?	The vacation is one week away.	Nothing else is happening before we leave.	I will plan to eat about five grams less fat every day during the next week.	Yes.	

Table 2
Nutritionist Reference Table for Worksheet 12-5
 Ideas to Reduce Fat Content of Home-Baked Goods
 and Keep the Flavor and Moisture

Try	Hint
Fruit puree or fruit	<ul style="list-style-type: none"> Substitute equal amounts of fruit puree (i.e., applesauce) for oil in cakes, brownies, bread or muffin mixes. The fruit adds flavor, moisture, and tenderness to a baked good when the oil is omitted.
Cake flour	<ul style="list-style-type: none"> Replace all-purpose flour with cake flour. It provides a more cake-like texture instead of a bread-like texture. The cake flour makes a more delicate crumb and will stay tender even with less fat.
Egg whites or egg substitute	<ul style="list-style-type: none"> Replace some of the whole eggs in a recipe with egg whites or a commercial egg substitute. (1 egg = 2 egg whites or 1/4 cup egg substitute.)
	<ul style="list-style-type: none"> Avoid using an egg substitute to replace more than four whole eggs in a recipe.
	<ul style="list-style-type: none"> Fold stiffly beaten egg whites into a mix at the end. This gives a lift to the baked good.
Light or diet margarines	<ul style="list-style-type: none"> Be careful when using light or diet margarines to replace regular margarine or butter. These substitutes have a higher water content and can change the texture of your baked good.
	<ul style="list-style-type: none"> Experiment. You may need to reduce some of the liquid in your recipe.
Less nuts and coconut	<ul style="list-style-type: none"> Use 1/3 to 1/4 the amount called for in the recipe and chop it finer.
	<ul style="list-style-type: none"> When nuts are used in a mix, substitute wheat germ. It adds crunch but has less fat.

(Table 2, continued)

Try	Hint
Non-fat or low-fat dairy products	<ul style="list-style-type: none"> • Replace high-fat dairy products in recipes with non-fat or low-fat dairy foods. Most are interchangeable. • Instead of regular sour cream, use non-fat or low-fat sour cream, plain yogurt (non-fat, 1% or 2%). • Use evaporated skim milk in place of evaporated whole milk, cream, or half & half in recipes. • Add a splash of vanilla extract to evaporated skim milk if you want a richer flavor. • Substitute Neufchatel, low-fat cream or fat-free cream cheese or yogurt cheese (recipe in Session 3) for regular cream cheese.
Different crusts	<ul style="list-style-type: none"> • Consider making a thinner crust for pies and other desserts with crusts. • Experiment with graham cracker or chocolate wafer crumbs, crushed bran or wheat flakes, or crushed Grape-Nuts cereal or phyllo sheets. • Try a single crust dessert like a cobbler or a buckle.
Low-fat dessert toppings	<ul style="list-style-type: none"> • Make a non-fat whipped cream using skim milk powder and flavorings. • Use sliced fruit or fruit purees. • Use plain non-fat or low-fat yogurt with vanilla and sugar, to taste. • Use a flavored non-fat or low-fat yogurt. • Make a non-fat chocolate sauce using confectioner's sugar, skim milk, and cocoa powder.

PRACTICE RECIPE FOR A HIGH-FAT HOME-BAKED GOOD

This recipe can be used for the recipe modification exercise if any of the women forget to bring a recipe from home.

Fresh Apple Cake

Original Recipe

Cake:

4 cups diced apples
2 cups sugar
1/2 cup cooking oil
1 cup nuts
2 eggs well beaten
2 teaspoons vanilla extract
2 cups flour
2 teaspoons baking soda
2 teaspoons ground cinnamon
1 teaspoon salt

Topping:

1 stick margarine
8 tablespoons cream
1 cup brown sugar
3/4 cup nuts

Directions:

Cake: Dice apples (not too fine). Add sugar and mix well. Add oil, nuts, eggs (well beaten), and vanilla. Sift dry ingredients together and add to the mix. Spoon into a greased 13x9x1-inch pan. Bake at 350° for 45 minutes or until well done. Cool.

Topping: Mix ingredients together. Spread on cake immediately when done. Place cake under broiler until icing bubbles. Take out immediately to prevent burning. Makes 18 servings.

Fat: 20 grams of fat per serving.

MODIFIED LOW-FAT FRESH APPLE CAKE

Cake:

4 cups diced apples
2 cups sugar
1/2 cup applesauce, unsweetened
1/4 cup nuts, chopped
1/4 cup egg substitute
2 1/2 teaspoons vanilla extract
2 egg whites, room temperature
2 cups all-purpose flour
1 teaspoon salt
2 teaspoons baking soda
2 1/4 teaspoons ground cinnamon
non-stick cooking spray

Topping:

2 tablespoons margarine
1 package Butter Buds, dry
use about 1/8 cup water or
milk to moisten
1 cup brown sugar
milk to moisten
1/4 cup nuts, finely chopped
8 tablespoons evaporated skim
milk

Directions:

Cake:

Dice apples (not too fine). Add sugar and mix well. Add applesauce, nuts, eggs substitute, and vanilla extract; blend well. Sift flour, baking soda, salt, and cinnamon together and add to the apple mixture. Beat egg whites until they form stiff peaks, then gently fold egg whites into the batter. Spoon batter into 13x9-inch pan that has been sprayed with non-stick cooking spray. Bake at 350 ° for approximately 1 hour or until knife inserted in center comes out clean. Cool.

Topping:

While the cake is baking, mix the topping ingredients together. Spread on cake immediately when done. Place cake under broiler until icing bubbles. Take out immediately to prevent burning. Makes 18 servings.

Fat:

4 grams of fat per serving.