**EASY CINNAMON & APPLE BUNDT CAKE**

Caroline’s Easy Baking Lessons **SWEET**



This cake was inspired by another recipe I developed back in 2019 – [Wholemeal Pear & Cinnamon Bundt Cake](https://easyonlinebakinglessons.com/lower-carb%2Fsmall-servings/f/healthier-pear-cinnamon-ring-cake#52ef1f36-ff27-4a90-90c1-2cea95583b92).

We used that for a Facebook group competition & everyone loved it, (see Photo). This recipe today is made using white flour, and instead of tinned pears, I used some apples I needed using up. I also added a bit more spices to this recipe, with the addition of ginger & fresh nutmeg.



It’s a super simple recipe, you could easily prepare in an hour. You don’t even need to get the hand or stand mixer out. It pretty much includes store cupboard basics with a little dairy. You don’t even need butter. Looks pretty made in a bundt or Savarin tin and doesn’t require any decoration other than a simple dusting of icing/powdered sugar. Goes great with a little cream and some Golden Syrup.



A little note on the ingredients. I used self-raising flour, but I have also listed how to make using plain or All Purpose flour and how much baking powder I like to use. You can use granulated, caster, ultra/super fine, or brown sugar (light or dark). I used 2 medium sized Gala apples, that weighed about 300g (10.5 oz) before peeling and coring.



My bundt pan measures 25.5cm (10”) at it’s widest. Just note that the batter only fills a little over half way up my tin, so I wouldn’t be tempted to try a bigger diameter tin, but smaller would be fine.



On to the recipe……

**INGREDIENTS**

* 188g Self-raising flour *(1.5 cups, 6.5 oz)*
* OR Plain/A.P. plus 2 tsp baking powder & 1/4 tsp salt
* 1 tsp Baking Powder (level)
* 1 1/2 tsp Ground Cinnamon
* ¼ tsp Ginger
* 1/3 Nutmeg, grated **or** 3/4 tsp Ground Nutmeg
* 2 Eggs, med-large
* 200g Sugar *( 1 packed cup, 7 oz)*
* 130 ml Vegetable Oil *(1/2 cup, 4.5 fl oz)*
* 2 Apples, (medium sized, I used Gala, weighing 300g *(10.5 oz)* whole)
*  Milk (enough to loosen batter - approx. 3/4 cups/180ml/6 fl oz)

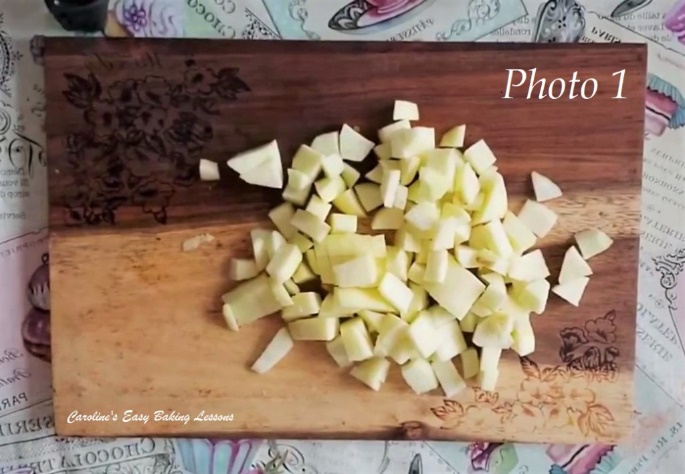
**To Serve**:  cream and Golden Syrup or caramel sauce (optional)

***OVEN: 170c/150c Fan oven/325f/Gas Mark 3***



***EQUIPMENT***

* Measuring scales or *measuring cups*
* measuring spoons
* Vegetable Peeler
* Vegetable Knife
* Chopping Board
* Small bowl for apples
* Sieve
* Large mixing bowl
* Hand mixer (optional)
* Small measuring jug
* Spoon
* Silicone or Plastic spatula
* Bundt Pan (\*see notes above)
* *Lining Paste*, butter & flour, or Cake Release Spray
* Small sieve (optional)
* Timer or phone timer
* Cooling rack

***INSTRUCTIONS***

1. Begin by peeling, coring & chopping the 2 apples, to about 1cm (1/3″) pieces. See *Photo 1*. Keep them small so there’s no need to part-cook them. Toss into a bowl with some lemon juice and leave to the side while you prepare the rest of the cake.

2. Heat the oven to: ***170c/150c Fan oven/325f/Gas Mark 3***

 3. Next sieve the flour, baking powder, into a large mixing bowl (you don’t even need to get the hand/stand mixer out for this) and mix to evenly distribute. Then add in the ginger, cinnamon, nutmeg & finally the sugar. I grated nutmeg for it to be fresh as I just love it, and it lasts such a long time. See *Photo 2*.

4. Then add in one egg at a time, mixing well in-between each addition, letting the flour get as moist as possible. (see video).



5. Next stage is to add in the oil gradually. I mixed all by hand as it’s a quick recipe, but you can use a mixer on low speed too for this.

6.Add in the milk gradually too until you have a batter that is thick but pourable, and leaves a ‘trail’ or ‘ribbon’ (see video & *Photo 3*). I have approximated the Milk. Use enough to loosen batter - approx. 3/4 cups/180ml/6 fl oz.



7. Finally add in a few tbsp of flour to the apple pieces and give them a toss to coat them. This reduces the amount of fruit sinking to the bottom of the cake when baking.

8. Fold the fruit into the batter, with a plastic or silicone spoon or spatula (metal cuts out air from the batter). Do so in 3 increments to ensure an even distribution of the apples. See my video for how to fold in the fruit gently. See also *Photo 4*.



9. Time to prepare your bundt pan. You can go down the usual route of butter and flouring, or cake-release spray, but this [Lining Paste](http://tqb.fhn.mybluehost.me/lining-paste-a-review-of-nancy-birtwhistles-recipe/) is great, cheaper and also excellent for bundt pans. [Click here](http://tqb.fhn.mybluehost.me/lining-paste-a-review-of-nancy-birtwhistles-recipe/) to go to my review & how to make it at home.

10. Be sure to take a few tsp of the lining paste from the jar, and brush on the inside of the pan, in upward strokes. I like to give it two coats. See *Photo 5*.

11. The next step is to pour (or spoon), the cake batter into the prepared bundt pan. I always give the cake pan a few taps on the worktop/counter, (just to expel any trapped air), before popping in the centre of the oven and baking for *25 - 40 minutes*. The top will be golden (& if that’s the case early on, just cover the top of the pan with a baking sheet/tray and continue baking). You want to check the cake is done, by inserting a wooden cocktail stick into the cake and it coming out clean of crumbs (can be a little moist though because of the apples). Another indication it’s ready, is when the cake is starting to come away from the sides of the pan. See *Photo 6*.

12. Leave to cool in the tin, on top of a cooling rack for about 30 minutes.

13. To turn out of the tin, place a large plate or cake stand on top of the tin, and whilst holding everything together, flip it over. See *Photo 7*. Then place the plate on top the cooling rack (this will allow more heat to escape than placing on a table for example. I find flipping over onto the cooling rack directly can be difficult when it comes to trying to transfer the whole cake off the cooling rack.). You might need to give a few gentle taps to the top of the bundt pan (but maybe not), before lifting off the pan. Leave the cake a little longer to cool to touch, before trying to cut or decorate.

14. This cake only needs a very simple finishing touch of a dusting of icing/powdered sugar. See my video of how to do that. The cake will serve about 10-12 nice sized pieces, and pairs lovely with some cream and Golden Syrup (for where to buy that in the states & Canada, go to my [Gingerbread](http://tqb.fhn.mybluehost.me/easy-gingerbread-cake-sweet-lesson-3/) recipe for a full list). Alternatively, caramel sauce would be lovely too, or just eat as is. The choice is yours.

15. Will keep for up to 3 days on a cake stand with dome, or in an airtight container or tin. Try to avoid the fridge or somewhere too cold, or condensation will accumulate and make the cake soggy.

\*\*For a Pear & Wholemeal/wheat version – [go to my old recipe](https://easyonlinebakinglessons.com/lower-carb%2Fsmall-servings/f/healthier-pear-cinnamon-ring-cake#52ef1f36-ff27-4a90-90c1-2cea95583b92)

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Thanks for reading

*Happy Baking & Making*

*Happy Tummies & Memories!*

*Caro xx*

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