

Cinnamon Apple Pudding Cake

Adapted from *The English Kitchen blog*



CAKE PART:

- 2 cups flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 tablespoon cinnamon
- 1 1/8 cups buttermilk

PUDDING PART:

- 1 1/2 cups water
- 1 3/4 cups light brown sugar, packed
- 2 tablespoons butter
- 1 large apple, peeled, cored, chopped (or 2 medium sized ones)
- 1/3 cup walnuts, toasted, chopped (or more)

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 8

Note: if you don't have buttermilk, make it with milk, per the original recipe - 1 cup milk, and 4 tsp baking powder. Do not add soda in this case.

1. Preheat the oven to 350°F or 180°C. Butter the bottom of a deep 8x8 inch square baking dish. Set aside.
2. Whisk the flour, sugar, baking powder, baking soda, salt and cinnamon together in a large bowl. Make a well in the center and pour in the buttermilk. Whisk together until smooth - it will be a bit on the stiff side and not like a typical cake batter. Pour into the prepared pan and spread out to the edges.
3. Heat the water, brown sugar and butter together until the butter melts, the sugar dissolves and the mixture boils. This can be done in the microwave - use a large glass bowl and watch carefully so it doesn't boil over. Pour this carefully over top of the batter in the pan. The mixture will look very odd (part of the cake batter will separate and float). Just carry on - it all will turn out fine. Sprinkle the chopped apples and walnuts over top.
4. Bake for 45-50 minutes until risen and set, and a toothpick inserted in the center comes out clean. Serve warm and spooned out into bowls (including some of the pudding/sauce part), with or without cream or ice cream. It's definitely better with cream, whipped cream or ice cream.

Per Serving (excluding unknown items): 413 Calories; 7g Fat (13.9% calories from fat); 6g Protein; 85g Carbohydrate; 2g Dietary Fiber; 9mg Cholesterol; 353mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 3 1/2 Other Carbohydrates.