

BREAKFAST CAKE

Serves: 1

Ingredients:

- 3 tablespoons almond flour
- 2 tablespoons unsweetened apple sauce
- 2 dried apricots, chopped
- 5 almonds, chopped
- 1 egg white
- 1/4 teaspoon baking powder
- 2 teaspoons 100% apricot fruit spread
- 1 cup low-fat milk (to be served with Cake)

Directions:

- In a small bowl, mix together the almond flour, applesauce, apricots, almonds, egg white, and baking powder. Set aside.
- Mist a microwavable mug with olive oil spray and pour mixture into mug.
- Microwave on high for 2 ½ to 3 minutes, or until cake is completely cooked.
- Turn mug upside down to remove “cake.” Slice in half and toast in a toaster oven.
- Top with fruit spread and enjoy with a glass of milk.

ALWAYS wash fruits and veggies when preparing for cooking or eating.

When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.



Disney Check makes it easier for kids and families to identify nutritious choices in stores, online, on-air, at live-event venues, and while on vacation at Walt Disney Parks & Resorts. Foods and recipes that feature the Disney Check meet The Walt Disney Company's Nutrition Guidelines.

