

**Recipe Name:** Apricot Upside Down Cake

**Recipe Category :** Dessert

**Portion Size:** 2x2 inch

**Ingredients:**    **Yields:** 8 servings

Ingredients	Notes:
2 tablespoons butter, melted	
1/3 cup packed brown sugar	
1(8 3/4 ounce) can apricot halves	drained and halves
1 1/3 cup all-purpose flour	
2/3 cup sugar	
2 teaspoons baking powder	
2/3 cup nonfat milk	
1/4 cup butter	softened
1 egg	

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Pour melted 2 T. butter in a 9x1 1/2 inch round baking pan. Stir in brown sugar and 1 tablespoon water.	
2	Arrange apricots in the pan. Prepare batter in a bowl.	
3	Combine flour, sugar and baking powder.	
4	Add milk, butter, egg and vanilla.	
5	Beat with an electric mixer on low speed till combined. Beat on medium speed for 1 minute. Pour over fruit.	
6	Bake in a 350 degree oven for 30 to 35 minutes or until a toothpick inserted near the center comes out clean. Cool on for 5 minutes. Loosen sides and invert onto a plate	

**Texture Modified Diets:**

**Soft & Bite Size:** (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size after cooking. Moisten with milk as needed after cutting.

**Chopped:** **Food particle size 1/4 inch (~ 1/2 width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size after cooking. Moisten with milk as needed after chopping.

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with milk as needed after processing.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add milk or sauce to puree during processing. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

**Therapeutic Modified Diets:**

**Lowfat:** No changes needed

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** Use sugar substitute in place of sugar

**Bland/Anti Reflux:** omit coconut

**Liberal House Renal:** No apricots. Use peaches or plums. Use SF butter and omit baking powder.

**No Added Salt:** No changes needed

**2 Gram Sodium:** Use SF butter and omit baking powder.

**Gluten Free:** Use gluten free all-purpose flour and gluten free baking powder. Prepare foods separately to prevent cross-contamination.

**Allergy Alerts: When an "X" is present, this indicates the allergen is present.**

**Always read all food labels to ensure allergens are not present.**

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X	X				

**Key:** SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free