



Ingredients

CAKE

2 apples, cored and sliced into

1/4" thick wedges

2 cups flour

1/2 tsp. baking soda

1/2 tsp. baking powder

1/2 tsp fine sea salt

1 cup honey

1/2 cup brown sugar

1 large eggs

3/4 cup vegetable oil

3/4 cup applesauce

HONEY CARAMEL

1/2 cup honey

1 TBSP brown sugar

1 TBSP water

UPSIDE-DOWN APPLE HONEY CAKE

Instructions

1. Preheat oven to 350 degrees. Spray a 9" round cake pan with oil and line the bottom with parchment paper. Arrange the apple wedges in a circle, then fill the center, keeping the apples in a single layer.
2. **MAKE THE HONEY CARAMEL:** Add all ingredients into a small pot over medium heat. Stir gently with a spatula to dissolve the sugar. As the honey begins to bubble, swirl the pot as needed to cook evenly. Continue cooking and swirling until reduced color turns to a darker amber color (5-6 minutes). Immediately pour over apple slices.
3. Sift flour, baking soda, baking powder and sea salt in a bowl. Set aside.
4. In a separate bowl, whisk honey, brown sugar and eggs until smooth and slightly thickened. Combine dry ingredients until incorporated. Pour batter on top of apples and honey caramel in prepared pan. Bake until cake is golden-brown and the cake edges start to pull away from the sides of the pan (about 40-50 minutes).
5. Let cool in the pan for 10-15 minutes. Run a knife around the edges, then flip onto a plate or cooling rack. Remove the parchment paper and finish cooling.