

# Raisins, Unsweetened



Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

A raisin is a ready-to-eat dried fruit made from grapes.

## How to Use Them

Raisins can be eaten as is, added to foods like salad, granola, and yogurt, or used in muffins and breads.

## How to Store Them

Keep package tightly closed in a cool, clean, dry place.

## Why Eat Them?

Raisins are a great source of fiber and iron. A healthy diet that includes fruits may reduce the risk for heart disease and certain cancers.

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# Applesauce Loaf Cake

Makes 16 servings



## Ingredients

- ½ cup walnuts, chopped
- 1 ½ cups applesauce
- 1 egg
- 1 cup sugar
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- ½ teaspoon cinnamon, ground
- ½ teaspoon nutmeg, ground
- 1 cup raisins

Recipe adapted from [MyPlate Kitchen](#).

(This recipe has an alternate source:  
Food Wise Learn at Home Print Materials  
Rutgers University Cooperative Extension)

## Directions

*Wash hands with soap and water.*

1. Pre-heat the oven to 350 °F. Grease two 8 x 4 x 2-inch loaf pans.
2. Toast walnuts in an ungreased skillet. Stir while heating on medium-low heat for 5–7 minutes, or until they start to brown and smell nutty. Set aside to cool.
3. Mix applesauce, egg, sugar, oil, and vanilla in a large bowl.
4. Mix flour, baking soda, cinnamon, and nutmeg together in a separate bowl.
5. Pour flour mixture into applesauce mixture.
6. Stir in raisins and cooled toasted nuts.
7. Pour half of the batter into each greased pan. Bake for 45–55 minutes, or until a toothpick inserted in the middle comes out clean.
8. Remove from the oven and allow to cool for at least 10 minutes before removing from the pans. Allow the loaf cakes to completely cool before serving or storing.

