



Spiced Gingerbread

8 Servings

Indulge in old fashioned flavor and forsake the fat. Unsweetened applesauce and fat free buttermilk make this cake unbelievably moist and delicious!

1 $\frac{3}{4}$ cups whole wheat flour	$\frac{1}{2}$ cup brown sugar
2 tsp. ground ginger	1 tsp. cardamom
$\frac{1}{2}$ tsp. baking soda	$\frac{1}{4}$ tsp. cinnamon
$\frac{1}{4}$ tsp. ground cloves	$\frac{1}{4}$ tsp. salt
1 cup dark molasses	
$\frac{1}{2}$ cup unsweetened applesauce	
$\frac{1}{3}$ cup fat free buttermilk	
2 egg whites	
Cooking spray	

- Preheat oven to 350°. Spray a 9-inch round cake pan with cooking spray.
- In a large bowl combine the whole wheat flour, brown sugar, ginger, cardamom, baking soda, cinnamon, cloves, and salt.
- In a medium bowl, using an electric mixer on slow speed beat together the molasses, applesauce, buttermilk and egg whites. Add the molasses mixture to the flour mixture. Beat on medium speed until blended. Pour the batter into a prepared pan. Bake until the bread begins to pull away from the sides of the pan and a toothpick inserted into the center comes out clean, 40-45 minutes. Remove from the oven and cool on the rack for 10 minutes. Slice into 8 wedges. Tastes best when served warm.

Recipe adapted from Stealth Health by Evelyn Tribble

Nutritional Information (per wedge):

Calories: 281	Carbohydrate: 66.8g
Total Fat: 0.7g	Dietary Fiber: 3.6g
Saturated Fat: 0g	Protein: 4.9g