



Died-and-Went-to-Heaven Chocolate Cake

Serves 16

This chocolate cake is so moist and rich in flavor that no one will know its low in fat with less than 1 gram of saturated fat!

1 cup all-purpose flour*
¾ cup whole wheat flour*
1 cup white sugar (or Splenda)
¾ cup unsweetened Dutch-process cocoa powder
1 ½ tsp. baking soda
1 ½ tsp. baking powder
1 tsp. salt
1 ¼ cups fat free buttermilk
1 cup brown sugar
½ cup egg substitute
¼ cup canola oil
2 tsp. vanilla extract
1 cup hot strong black coffee (Regular or Decaffeinated)
Powdered sugar

*Option 2: You may use 1 ¾ cups all-purpose flour and omit the whole wheat flour.

- Preheat oven to 350°. Lightly oil a 12-cup bundt pan or spring form pan. Coat pan with cooking spray. Dust the pan with flour, invert and shake out excess.
- In a large mixing bowl, whisk together flour, white sugar (or Splenda), cocoa powder, baking soda, baking powder and salt. Add buttermilk, brown sugar, egg substitute, oil, and vanilla. Beat with an electric mixer on medium speed for 2 minutes.
- Whisk in hot coffee until completely incorporated (the batter will be quite thin).
- Pour the batter into the prepared pan. Bake 35 to 40 minutes, or until a toothpick inserted in the center comes out clean.
- Cool the cake in the pan on a rack for 10 minutes; remove from the pan and cool completely.
- Sprinkle with powdered sugar.

Recipe adapted from Eating Well Magazine.

Nutritional Information (per slice):

Calories: 185	Carbohydrate: 35.2g
Total Fat: 4.3g	Dietary Fiber: 2.3g
Saturated Fat: 0.7g	Protein: 3.8g