



HEALTHFUL INDULGENCE

CHOCOLATE CAKE



Good Health
G A T E W A Y

Diabetes Care Rewards Program

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INGREDIENTS

3/4 c plus 2 tbsp whole-wheat pastry flour
1/2 c granulated sugar
1/3 c unsweetened cocoa powder
1 tsp baking powder
1 tsp baking soda
1/4 tsp salt
1/2 c nonfat buttermilk
1/2 c packed light brown sugar
1 large egg, lightly beaten
2 tbsp canola oil
1 tsp vanilla extract
1/2 c hot strong black coffee
Confectioners' sugar, for dusting

NUTRITION FACTS PER SERVING (12)

Calories 139; Fat 3.2g; Saturated Fat 0.5g;
Fiber 1.8g; Sugars 18.5g; Sodium 212mg;
Cholesterol 15.7mg; Protein 2.3g;
Carbohydrates: 26.6g
Exchanges: 1 1/2 other carbohydrate

DIRECTIONS

Preheat oven to 350 degrees F. Coat a 9-inch round cake pan with cooking spray. Line the pan with a circle of wax paper.

Whisk flour, granulated sugar, cocoa, baking powder, baking soda and salt in a large bowl. Add buttermilk, brown sugar, egg, oil and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend. (The batter will be quite thin.) Pour the batter into the prepared pan.

Bake the cake until a skewer inserted in the center comes out clean, 30 to 35 minutes. Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper and let cool completely. Dust the top with confectioners' sugar before slicing.