



NUTRITION CONSULTING INC.

Old Fashioned Gingerbread Cake

Makes 9 servings

Enjoy this cake for a winter sweet treat. Despite being reduced in fat and free from traditional high-sugar icing, this cake is moist and sure to please.

What you need:

2 tbsp. melted butter or non-hydrogenated margarine
1/3 cup firmly packed brown sugar
2 large eggs
1/2 cup buttermilk
2 cups all purpose flour
1-1/2 tsp. baking soda
1-1/2 tsp. ground ginger
1 tsp. ground cinnamon
1/2 tsp. salt
1 tbsp. instant coffee granules
1 cup hot water
1/2 cup molasses
1/2 cup honey

2- 1/2 oz. jar pureed prunes (baby food)
Optional topping: Applesauce, whipped cream
or vanilla frozen yogurt



How you prepare:

Combine butter/margarine, brown sugar, eggs and buttermilk in a bowl. Combine flour, baking soda, ginger, cinnamon, and salt into another bowl. Dissolve coffee granules in hot water and then stir in molasses, honey, and pureed prunes. Add flour mixture alternately with coffee mixture to egg mixture. Batter will be lumpy but do not over-mix. Pour batter into a greased 9 inch square cake pan. Bake 40-45 minutes at 350F. Serve warm with applesauce, whipped cream or vanilla frozen yogurt.

Per serving: without topping

Calories 297
Carbohydrates 62 g
Protein 5 g
Fat 4 g
Dietary Fiber 1 g

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