

Low-Fat Chocolate Cake



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Makes 9 Pieces

What You Need

*This cake is delicious served
with raspberry sauce and
frozen vanilla yogurt.*

1 1/4 cups flour

1 cup sugar

1/3 cup cocoa

1 tsp baking soda

3/4 tsp baking powder

1/2 tsp salt

1/3 cup corn syrup

3 egg whites

2/3 cup cold strong coffee

1/2 cup skim milk

Per Serving

Calories 201

Carbohydrates 47 g

Protein 4 g

Fat 1 g

Dietary Fiber 2 g

How You Prepare

Mix together dry ingredients (flour, sugar, cocoa, baking soda, baking powder & salt). Mix together liquid ingredients (corn syrup, egg whites, coffee & milk). Combine the dry and liquid ingredients and blend for 2 minutes. Spray a 9x9 pan then pour in the batter. Bake at 350 degrees F for 35 to 40 minutes.