

Old Fashioned Gingerbread Cake



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Makes 9 Servings

What You Need

Serve with applesauce and frozen vanilla yogurt for a delightful lower-fat dessert.

2 tbsp. melted butter/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)
Applesauce (topping)
Vanilla frozen yogurt (topping)

Per Serving

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

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, do not over-mix. Pour batter into a 9 inch square pan that has been sprayed with nonstick cooking spray. Bake 40-45 minutes at 350F. Serve with applesauce and vanilla frozen yogurt