



Gammy's House Recipes

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Espresso Cake

Ingredients:

2/3 cup whole-wheat pastry flour
1/4 cup unbleached all-purpose flour
1 cup raw cane sugar (Turbinado)
2/3 cup unsweetened cocoa powder
1 1/2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/2 cup pureed prunes or unsweetened applesauce
3 large egg whites
1 teaspoon pure vanilla extract
1 cup coffee

Directions:

Accompaniment: fat-free frozen yogurt or raspberry sauce and powdered sugar. Preheat the oven 350 degrees F. Spray a 9-inch cake pan with cooking spray and dust with additional cocoa powder, set aside.

In a medium bowl, combine the flours, sugar, cocoa, baking powder, baking soda, and salt; set aside.

In another bowl, combine the prune puree, egg whites, vanilla, and coffee. Mix the wet ingredients

into the dry ingredients and pour into the prepared cake pan.

Bake for 20 to 25 minutes or until a toothpick inserted in the middle of the cake comes out clean.

Cool the cake in the pan on a wire rack for 10 minutes. Run a knife around the edge of the cake and

invert onto a wire rack to cool completely. Cut into 14 wedges to serve.

Per-serving: Calories 80; Protein 3g; Total Fat 0.5g; Saturated Fat 0g; Carbohydrates 18g; Dietary Fiber 2g; Cholesterol 0mg; Sodium 105mg