



WESTERN WISCONSIN HEALTH

EXTREME LOW-FAT CHOCOLATE CAKE

- 1 2/3 C. flour
- 1 1/4 C. sugar (can use half white sugar and Splenda if desired)
- 2/3 C. unsweetened baking cocoa, sifted
- 1 1/2 tsp. baking soda
- 1 tsp. salt
- 1/2 C. applesauce
- 1 1/2 C. skim milk yogurt (or use low-fat or fat-free sour cream)
- 1 T. vanilla
- 4 egg whites (or use 2 whole eggs)

Nutrition Facts

Serving Size (58g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 5
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% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 3g	
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Vitamin A 2%	• Vitamin C 6%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
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Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Set oven to 350° F. Generously grease a 13x9" baking pan. In a medium bowl, sift the flour with cocoa powder, baking soda and salt. In another bowl beat the sugar with egg whites and vanilla until well combined. Mix in the yogurt and applesauce until thoroughly combined. Mix the wet ingredients into the dry ingredients and beat on low speed until just combined. Transfer to prepared baking dish. Bake for about 30 to 35 minutes or until cake tests done (watch closely - do not over bake). Garnish with nondairy whipped cream and fresh strawberries, if desired.

NUTRITION FACTS: Serving size: 2x3 inch square per serving, 18 servings