



Spice Cake Recipe

Ingredients:

1 1/2 cups whole wheat pastry flour
1 tsp baking powder
1 tsp baking soda
1 tsp ground nutmeg
2 tsp ground cinnamon
3/4 tsp allspice
1/8 tsp sea salt
3/4 cup Splenda or other sugar substitute
1 whole egg, 2 egg whites beaten
1 cup unsweetened applesauce
1/8 cup canola oil

Directions:

Preheat your oven to 375 degrees F. In a large bowl, combine the flour, baking powder, baking soda, nutmeg, cinnamon, allspice and the salt. In a separate large bowl, mix the Splenda, eggs/whites, applesauce, and oil. Combine the two mixtures and blend thoroughly.

Pour into a 9 inch cake pan, sprayed with non-stick cooking spray. Bake 45 minutes until a fork or toothpick inserted into the center comes out clean. Cool for 15 minutes on wire rack before slicing.

Nutritional Information Per 1/8 Of Cake:

Calories: 215
Fat: 7 Grams
Saturated Fat: 1 Gram
Protein: 5 Grams
Carbs: 21 Grams
Fiber: 4 Grams
Cholesterol: 45 Milligrams