



## 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