

Midnight Espresso Cake Recipe



Ingredients

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- 1 C whole wheat pastry flour
 - 1 tsp salt
 - 1 C unbleached white flour
 - ½ tsp cinnamon
 - ½ C Dutch processed cocoa powder
 - ½ C light cane sugar
 - 2 tsp baking powder
 - 2 tsp baking soda
 - 1 ½ Tbsp instant espresso powder
 - 2/3 C soy milk
 - ½ C apple sauce
 - 1 C maple syrup
 - 1 Tbsp vanilla extract
 - 2 tsp cider vinegar
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Don't be afraid of the number of ingredients. This is easy and a REAL crowd pleaser. With no butter, eggs or oil it maintains your weight loss regime.

Top this with mashed cherries or strawberries for a low fat version or top with Cheap Trick Chocolate Sauce to totally impress.

Method

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1. Preheat oven to 350 F. Lightly oil Bundt pan with a brush or rectangular 9x13 cake pan.
 2. In a large, metal mesh strainer, sift dry ingredients together into large bowl. Whisk to combine.
 3. In a small bowl, whisk together wet ingredients, except for vinegar.
 4. Make sure the oven is hot and the Bundt pan is ready. Once the vinegar meets the baking soda the chemical reaction will begin the leavening action.
 5. Pour the wet ingredients into the dry. Whisk to combine. Add vinegar. Whisk to combine and pour batter into pan. The batter will become marbled while vinegar mixes in. Put in hot oven immediately.
 6. Bake for 25 minutes. Spin pan halfway around in oven after for even baking. Bake 20 minutes. Check doneness with inserted toothpick coming out fairly clean. May take another 10 minutes.
 7. Let cool 5 minutes before inverting pan. Let cool completely and serve with mashed fruit.
 8. Note: Simply pour on the Cheap Trick Chocolate Ganache after the cake has cooled.

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Abbreviations: C = cup; oz = ounce; Tbsp = tablespoon; tsp = teaspoon