

## Guilt-Free Pareve Chocolate Cake

A deep, dark secret from a light kitchen! This is a low-fat version of the pareve chocolate cake that's a family favorite from my cookbook *The Pleasures of your Food Processor*. I reduced the fat from 1 1/4 cups to just 1/4 cup. If you don't divulge the secret ingredient, I won't!

- 2/3 c. cocoa
- 2 1/4 c. flour
- 2 c. sugar
- 1 1/2 tsp. baking powder
- 1 1/2 tsp. baking soda
- 1/4 tsp. salt
- 3/4 c. coffee\*
- 3/4 c. orange juice\*
- 2 eggs plus 2 egg whites (or 3 eggs)\*
- 3/4 c. unsweetened applesauce or Prune Purée (p. 314)
- 1/4 c. canola oil

1. Preheat oven to 350°F. Combine all dry ingredients in the processor bowl. Process until blended, about 10 seconds. Add coffee, orange juice, eggs, egg whites and applesauce. Start processor and add oil through the feed tube while the machine is running. Process batter for 45 seconds. Do not insert pusher in feed tube and do not overprocess.

2. Pour batter into a sprayed 12 cup Bundt pan. Bake at 350°F for 55 to 60 minutes, until cake tests done. Cool for 20 minutes before removing cake from pan.

**Yield:** 18 servings. Freezes well.

222 calories per serving, 4.7 g fat (0.8 g saturated), 27 mg cholesterol, 4 g protein, 43 g carbohydrate, 314 mg sodium, 125 mg potassium, 2 mg iron, 2 g fibre, 89 mg calcium.

\* If you don't have brewed coffee on hand, use 1 1/2 tsp. instant coffee granules and 1 1/2 cups orange juice or water.

\* **Skinner Version:** If you use 1 egg and 4 egg whites, one serving will contain 219 calories, 4.4 g fat and 13 mg cholesterol.

\* **Chocolate Raspberry Torte:** Line a 10" x 15" x 2" jelly roll pan with baking parchment. (If you don't have parchment, use aluminum foil. Spray foil to prevent sticking.) Pour in batter and spread evenly. Bake at 350°F about 20 minutes, until cake tests done. When cool, cut cake in half to make 2 rectangles each measuring 10" x 7 1/2". Spread one half with good quality raspberry jam. (You'll need 1 to 1 1/4 cups.) Top with the second cake layer. Glaze with Decadent Chocolate Glaze (p. 346) and garnish with fresh raspberries.

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