

Unbelievable Double Chocolate Cake

Serves 12

1 cup whole-wheat pastry flour
3/4 cup unsweetened cocoa powder
2 tsp. baking powder
1 tsp. baking soda
12 ounces low-fat silken tofu, firm or extra firm
1/4 cup ghee or canola oil
3/4 cup applesauce
1 cup maple syrup
2 tsp. vanilla extract
1 cup chocolate chips (I use grain sweetened and non-dairy)

Preheat oven to 350. Oil a 9-inch by 13-inch baking pan and set aside. Using a whisk, combine the flour, cocoa, baking powder, and baking soda in a large mixing bowl. Place the tofu, oil, applesauce, maple syrup, and vanilla in a food processor or blender, and puree until smooth. Pour the wet ingredients into the dry ingredients, combine, and gently fold in the chocolate chips. Be careful not to overmix. Pour the batter into the prepared baking pan and bake for 30-40 minutes or until an inserted toothpick comes out clean.

Nutritional Facts: Per 2-inch square (using non-dairy chocolate chips). Calories 286, Total fat 10.6, Saturated fat 3.7 g, Carbohydrates 42.1 g, Protein 5.5 g