

Cocoa Molasses Bundt Cake

1 $\frac{3}{4}$ cup all-purpose flour	1 cup sugar
3 Tbsp unsweetened cocoa powder	$\frac{1}{2}$ cup unsweetened applesauce
1 $\frac{1}{2}$ tsp baking powder	$\frac{1}{2}$ cup molasses
1 $\frac{1}{2}$ tsp baking soda	1 egg
$\frac{1}{2}$ tsp salt	2 Tbsp margarine, melted
1 $\frac{1}{2}$ cups lowfat buttermilk	3 egg whites, beaten stiff

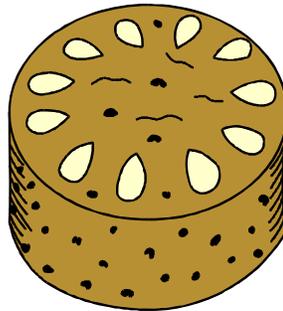
Raspberry sauce:

2 (12 oz) packages of raspberries	$\frac{1}{3}$ cup sugar
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1. Preheat oven to 350°F. Spray a 10-inch (12 cup) Bundt pan with vegetable cooking spray. Dust lightly with flour. Set aside.
2. In small bowl, sift together flour, cocoa, baking soda and baking powder. Set aside.
3. In large mixing bowl, combine buttermilk, sugar, applesauce, molasses, egg and melted margarine.
4. Add flour mixture to buttermilk mixture, beating on low speed of mixer until just moistened. Beat on high speed for 3 minutes.
5. Gently fold beaten egg whites into batter. Pour batter into prepared pan and place in heated oven.
6. Bake until a toothpick inserted in center comes out clean, but not dry, about 55 minutes. Cook cake on wire rack for 10 minutes before removing from pan. Let cake cool completely on wire rack.
7. Prepare raspberry sauce. Place raspberries in a wire strainer over a bowl. Scrape with a rubber spatula to strain seeds. Add sugar to strained raspberries. Stir until dissolved. Serve with cooled cake. Makes 12 servings.



Nutrition Information per serving	Serving size: 1 slice (1/12th cake)
Total calories	220
Total fat	3 g



Prune Puree Recipe

Combine 1 $\frac{1}{3}$ cups (8 oz) of pitted prunes and 6 tablespoons of hot water. Blend until smooth. Makes 1 cup of puree. Keep refrigerated for up to two months in a tightly sealed container.