

Applesauce Cake

1 cup all-purpose flour
1 teaspoon baking powder
1/2 t. baking soda
2 t. cinnamon
1/2 t. ginger
1/2 C. reduced calorie margarine (25% less fat and calories)
1/4 C. molasses
1/2 C. egg substitute
1 t. vanilla
1 C. Splenda® Granular
1/2 C. unsweetened applesauce

Preheat oven to 350°F. Spray an 8 x 8-in. metal cake pan with vegetable cooking spray. In small bowl, stir together flour, baking soda, cinnamon, and ginger. Set aside.

In a large mixing bowl, beat margarine and molasses with an electric mixer on high speed for approximately 1 minute. Add egg substitute and vanilla and blend on high speed for 30 seconds. Mixture will be very liquid. Add Splenda and beat on medium speed until very smooth, approximately 1 1/2 minutes. Add flour mixture and applesauce and beat on low speed until mixed, approximately 45 seconds. Spread batter evenly into prepared pan and bake for 30 minutes at 350°F. Makes 8 servings.

Nutrition information per serving: 170 calories, 4 grams protein, 6 grams fat, 24 grams carbohydrate, 310 mg sodium.