



Hot Fudge Cake

INGREDIENTS:

1 cup all-purpose flour
¾ cup granulated sugar
3 tablespoons unsweetened cocoa
2 teaspoons baking powder
¼ teaspoon salt
½ cup fat-free milk
1 teaspoon vanilla extract
1 cup packed brown sugar
3 tablespoons unsweetened cocoa
1 ½ cups hot water



INSTRUCTIONS:

Estimated Total Time: 50 minutes

Preheat oven to 350°F (176°C)

Lightly spoon flour into a dry measuring cup, and level with a knife. Combine first five ingredients in a medium bowl. Stir in milk and vanilla extract. Spoon the batter onto a 9-inch square baking pan. Combine brown sugar and 3 tablespoons cocoa, and sprinkle over the cake batter. Pour water over batter (do not stir). Bake at 350°F (176°C) ; for 40 minutes or until cake springs back when lightly touched in center. Serve warm.

NUTRITIONAL INFO: (1 serving)

Calories: 172
Carbohydrates: 40.3 g
Cholesterol: 0 mg
Fat: 0.5 g
Sodium: 63 mg
Protein: 2.2 g
Calcium: 79 mg
Iron: 1.4 mg
Fiber: 0.3 g