



Eggless Chocolate Cake

You can use this recipe to make a full sized cake or individual cupcakes!

<u>U.S.</u>		<u>Metric</u>
3/4 cup	All Purpose Flour	90 g
3/4 cup	Whole Wheat Flour	85 g
1 1/4 cup	Sugar, Granulated	247 g
3/4 cup	Cocoa Powder, Unsweetened	63 g
1/2 Tbsp	Baking Soda	9 g
3/4 tsp	Baking Powder	3 g
3/4 tsp	Salt	3.5 g
1/4 cup	Banana, mashed	57 g
3/4 cup	Buttermilk	180 ml
1/3 cup	Vegetable Oil	80 ml
1 tsp	Vanilla Extract	5 ml

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C) and line a cupcake tray with liners.
3. Combine the flours, sugar, cocoa powder, baking soda, baking powder, and salt in a bowl and set aside.
4. In a separate bowl combine the banana, buttermilk, oil, and vanilla.
5. Using a rubber spatula add the wet mixture to the dry ingredients and fold, being careful not to over mix.
6. Portion batter into cupcake tin and bake for 20-25 min, or until a toothpick inserted into the center comes out clean.

12 Servings

Serving size **1 cupcake**

Amount per serving

Calories **220**

Calories from Fat 70

Total Fat 8 g

 Saturated Fat 1 g

 Trans Fat 0 g

 Monounsaturated Fat 4.5 g

Cholesterol 0 mg

Sodium 250 mg

Total Carbohydrate 38 g

 Dietary Fiber 3 g

 Total Sugars 22 g

 Includes 22g Added Sugars

Protein 4 g

Vitamin D 0 %

Calcium 4 %

Iron 6 %

Potassium 160 mg

Phosphorus 70 mg