



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
1 1/4 cup	Buttermilk	295 mL
1/3 cup	Canola 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.

****Nutrition Facts on Reverse**

12/10/23

Nutrition Facts

12 Servings

Serving size **1 cupcake**

Amount per serving

Calories **220**

Total Fat	7 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	0 mg
Sodium	360 mg
Total Carbohydrate	38 g
Dietary Fiber	3 g
Total Sugars	23 g
Includes 21g Added Sugars	
Protein	4 g
Vitamin D	0 %
Calcium	4 %
Iron	7 %
Potassium	200 mg
Phosphorus	80 mg