

Coffee Crumb-Yum Cake



INGREDIENTS

Crumb Topping

1/4 cup Fiber One Original bran cereal
3 tbsp. old-fashioned oats
3 tbsp. brown sugar (not packed)
2 tbsp. Splenda No Calorie Sweetener (granulated)
1/2 tsp. cinnamon
2 tbsp. light whipped butter or light buttery spread

Cake

1 cup whole-wheat flour
1/2 cup Splenda No Calorie Sweetener (granulated)
1/4 cup all-purpose flour
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. salt
1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)
1/2 cup club soda
1/3 cup low-fat buttermilk
1/4 cup no-sugar-added applesauce
1 tsp. vanilla extract

DIRECTIONS

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

To make the crumb topping, place cereal in a sealable plastic bag. Seal bag, and finely crush cereal with a meat mallet or other heavy utensil. Transfer crumbs to a medium bowl. Add all other topping ingredients to the bowl *except* butter, and mix well. Add butter, and mash and stir until uniform.

To make the cake, in a large bowl, combine whole-wheat flour, Splenda, all-purpose flour, baking powder, baking soda, cinnamon, and salt. Whisk thoroughly.

In a medium-large bowl, combine egg substitute, club soda, buttermilk, applesauce, and vanilla extract. Whisk until uniform. Add mixture to the large bowl, and whisk until uniform.

Pour cake batter into the baking pan. Sprinkle evenly with crumb topping.

Bake until a toothpick inserted into the center comes out clean, 30 - 35 minutes.

Let cool for 30 minutes. Slice into squares, and eat!

NUTRITIONAL INFORMATION

MAKES 9 SERVINGS

Serving Size: 1 square (1/9th of recipe)

Calories: 114

Fat: 1.5g

Sodium: 248mg

Carbs: 21g

Fiber: 3g

Sugars: 4g

Protein: 4g