



Wacky Cake



Category: Bread/Grain

Smart Snack: Meets Criteria

Ingredients	For 16 Servings		Directions
	Weight	Measure	
Whole wheat flour All-purpose flour Sugar Unsweetened cocoa powder Salt Baking soda Vanilla Vinegar Canola oil Water 		1 ¾ cup 1 ¼ cup 1 cup 3 T. ¼ tsp. 2 ¼ tsp. 1 T. 2 T. ½ cup 2 cups	<ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Put flour, sugar, cocoa, salt and baking soda directly into an ungreased 9 x 13 inch baking pan. Use a whisk to stir them together. 3. Using a spoon, make 3 separate holes in the dry mixture. Pour the vanilla into one hole. Pour the vinegar into another hole. Pour the oil into the third hole. 4. Microwave water on high for 3 minutes or until it's boiling. Pour the boiling water slowly and evenly over the ingredients in the pan. Use the whisk to mix everything together for 2 minutes. No traces of dry ingredients should remain. 5. Bake for 25 to 30 minutes or until a toothpick comes out clean. Let cake cool completely. Cut into 16 squares and serve.

Serving Size: 1 piece (72 grams) Yield: 16 Servings
 Crediting in School Meals: ¾ oz. grain equivalent

Conventional Oven: Temp: 350°F for 25-30 minutes.

Nutrition Analysis: Serving Size: 1 piece

Calories: 196	Calories from Fat: 63	Total Fat: 7.5g	Saturated Fat: 1g	Trans Fat: 0g
Cholesterol: 0mg	Sodium: 215mg	Total Carbohydrate: 28g	Dietary Fiber: 2.5g	Sugars: 12.5g
Protein: 3g	Vitamin A: 1.63 IU	Vitamin C: 0mg	Calcium: 7.19mg	Iron: 1.28mg

Adapted from Mayo Clinic: <http://www.mayoclinic.org/healthy-lifestyle/recipes>