Wacky Cake

Category: Bread/Grain  Smart Snack: Meets Criteria

Ingredients

For 16 Servings

<table>
<thead>
<tr>
<th>Weight</th>
<th>Measure</th>
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</table>

Whole wheat flour  1 ¾ cup
All-purpose flour  1 ¼ cup
Sugar  1 cup
Unsweetened cocoa powder  3 T.
Salt  ¼ tsp.
Baking soda  2 ¼ tsp.
Vanilla  1 T.
Vinegar  2 T.
Canola oil  ½ cup
Water  2 cups

Directions

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: 3/4 oz. grain equivalent

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

Nutrition Analysis:  Serving Size: 1 piece

<table>
<thead>
<tr>
<th>Calories: 196</th>
<th>Calories from Fat: 63</th>
<th>Total Fat: 7.5g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol: 0mg</td>
<td>Sodium: 215mg</td>
<td>Saturated Fat: 1g</td>
</tr>
<tr>
<td>Protein: 3g</td>
<td>Total Carbohydrate: 28g</td>
<td>Trans Fat: 0g</td>
</tr>
<tr>
<td>Vitamin A: 1.63 IU</td>
<td>Vitamin C: 0mg</td>
<td>Sugars: 12.5g</td>
</tr>
<tr>
<td>Calcium: 7.19mg</td>
<td>Iron: 1.28mg</td>
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</tbody>
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Adapted from Mayo Clinic: http://www.mayoclinic.org/healthy-lifestyle/recipes