

Dark Chocolate Raspberry Oatmeal Cake

Ingredients:

1-cup dry quick cooking oatmeal
1-cup boiling water

1/2-cup soy creamer or evaporated fat free milk
1-Tbsp white or balsamic vinegar
1/2-cup white sugar
1/2-cup brown sugar
1/3 -cup canola oil
2-egg whites
2-eggs
1/2-cup 100% cacao Cocoa powder**
1/2-cup white flour
1-cup whole wheat flour
1/2-teaspoon baking soda
1/2-teaspoon baking powder
1-teaspoon vanilla
10 oz. frozen raspberries
1/2-cup chopped walnuts

Nutritional Facts	1/18
Serving Size	
Servings	18
Calories	150
Total Fat	5gm
Saturated Fat	0.5gm
Trans Fat	0
Cholesterol	20mg
Sodium	75mg
Potassium	110mg
Carbohydrates	23gm
Fiber	3gm
Protein	4gm
Total Sugar	11gm
Added Sugar	9gm

Directions:

1. Preheat oven to 350°
2. Pour boiling water over oatmeal and set aside to cool approximately 30 minutes. Stir in soy creamer or evaporated milk and vinegar.
3. Beat sugars and oil until smooth.
4. Beat egg whites and eggs in a small bowl with a fork. Add to sugar and oil mixture.
5. Combine flours, cocoa powder, baking soda and baking powder. Add dry mixture to oil mixture. Combine but do not overbeat. Add vanilla and stir.
6. Add oatmeal mixture and frozen raspberries to batter. Mix just until combined. Pour into 9 x 13-inch pan. Top with walnuts and bake for 35-40 minutes or until wooden pick inserted in center comes out clean.

**You can find cocoa powder that is 100% Cacao in your grocery store. The higher the cacao content the more antioxidants that are present. *NOTE: Sugar was decreased by 30% from the original recipe and raspberries were added. Wheat flour replaced 2/3 of the flour in the original recipe. This decreased the sugar content and increased the fiber. There is now only 3 teaspoons of added sugar per serving instead of 5.



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