
Chocolate Cappuccino Pudding Cake

Servings: 9

Fresh Healthy cooking and Living from Lake Austin Spa

Listed as the first definition under "Comfort Desserts" in the Lake Austin Spa Resort's Book of Things We'd Rather Not Do Without , a warm cup of this double-Chocolate Cappuccino Pudding Cake, served with a dollop of frozen vanilla yogurt is a combination that cannot be improved upon. Part of the pudding ingredients, which originally start on the top.

1 1/2 teaspoons baking powder

1 cup flour

1/2 cup sugar

2 tablespoons cocoa, baking

1/4 teaspoon salt

1/2 cup evaporated skim milk

1 teaspoon canola oil

1 teaspoon vanilla extract, pure

1 egg white

1/4 cup semisweet chocolate chips, melted

1 cup packed brown sugar

1/4 cup cocoa, baking

1 3/4 cups hot water

1/4 cup instant cappuccino-flavored coffee mix (2 envelopes)

combine the baking powder, flour, sugar, 2 tablespoons baking cocoa and salt in a large bowl.

Mix the evaporated milk, canola oil, vanilla and egg white in a separate bowl.

Whisk the liquid ingredients into the dry ingredients.

Stir in the chocolate.

Spray a 4 x 6-inch baking pan with nonstick cooking spray, then dust with flour.

spread the chocolate batter in the pan.

Mix the brown sugar and 1/4 cup baking cocoa in a bowl.

Sprinkle over the cake batter.

combine the hot water and cappuccino mix in a bowl.

Gently pour over the top of the cake batter.

Do not stir. Bake at 350 degrees for 1 hour or until the top springs back when touched.

Serving Ideas: Serve warm in soup cups with a dollop of fat-free or low-fat frozen vanilla yogurt.

Cuisine: Fighting Fat Over 40

Dessert

Per Serving (excluding unknown items): 262 Calories; 3g Fat (9.4% calories from fat); 4g Protein; 58g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 195mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 3 Other Carbohydrates.