

Chocolate Cake

By Lauren Meir

- Cake Ingredients
 - 1-1/2 Cups Sugar
 - 1-3/4 Cups All-Purpose Flour
 - 3/4 Cup Baking Cocoa
 - 1-1/2 TSP Baking Powder
 - 1-1/2 TSP Baking Soda
 - 1 TSP Salt
 - 1 Egg, 2 Egg Whites
 - 1 Cup Lowfat Milk (or 1 Cup lowfat chocolate milk for extra chocolatey flavor!)
 - 1/2 Cup Unsweetened Applesauce
 - 2 TSP Vanilla Extract
 - 1 Cup Boiling Water
 - 4-5 squares Dark Chocolate (optional)
- Frosting Ingredients
 - 150g Dark Chocolate
 - 1/4 Cup Greek Yogurt or Sour Cream
 - 2 TBSP Hot Water
 - 2 TBSP Milk
- Directions
 - Preheat Oven to 350°F (176°C)
 - Grease or Line Baking Pans (see baking variations below).
 - Stir together sugar, flour, cocoa, baking powder, baking soda and salt in large bowl.
 - Add eggs, milk, applesauce and vanilla extract.
 - Beat with a mixer on medium speed for 2 minutes.
 - Stir in Boiling water; batter will be thin.
 - Add optional melted dark chocolate.
- Baking Variation 1: 1-Pan Cake
 - Grease and flour (or spray with PAM) one 13x9 baking pan.
 - Pour prepared batter into pan.

- Bake 30-35 minutes or until toothpick inserted in the center comes out clean.
- Cool completely, and frost with frosting.
- Baking Variation 2: 2-Pan Layer Cake
 - Grease and flour (or spray with PAM) two 9-inch round baking pans.
 - Pour prepared batter into pans.
 - Bake 30-35 minutes or until toothpick inserted in the center comes out clean.
 - Cool about 10 minutes; transfer cakes from pans onto metal cooling rack.
 - Let stand until completely cool.
 - Frost both cakes with frosting Note: When frosting 2 cakes, you may need to double the frosting ;recipe.
- Baking Variation 3: 3-Pan Layer Cake
 - Grease and flour (or spray with PAM) three 8-inch round baking pans.
 - Pour prepared batter into pans Note: You may need to bake ;separately ;if your oven can't ;accommodate ;all 3 cakes.
 - Bake 30-35 minutes or until toothpick inserted in the center comes out clean.
 - Cool about 10 minutes; transfer cakes from pans onto metal cooling rack.
 - Let stand until completely cool.
 - Frost all cakes with frosting Note: When frosting 3 cakes, you may need to double or triple the frosting ;recipe.
- Baking Variation 4: Bundt Cake
 - Grease and flour (or spray with PAM) a 12-cup Bundt pan or 2 smaller Bundt pans
 - Pour batter into prepared pan(s).
 - Bake 50-55 minutes, or until inserted toothpick comes out clean.
 - Cool 15 minutes; transfer from pan to wire rack.
 - Cool completely and frost.
- Baking Variation 5: Cupcakes
 - Line 12-cup muffin tray with paper baking cups.
 - Fill cups 2/3 - 3/4 full of batter.
 - Bake 22-25 minutes, or until toothpick inserted into center of cupcakes comes out clean.

- Cool completely, remove from baking tray and frost.