

Chocolate Pudding Cake

about 2 Tbls. salad oil
about 1 cup all-purpose flour
 $\frac{3}{4}$ cup granulated sugar
 $\frac{1}{2}$ cup semisweet chocolate chips
6 Tbls. unsweetened cocoa
2 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
1 $\frac{1}{2}$ cups low-fat buttermilk
 $\frac{3}{4}$ cup firmly backed brown sugar

Yield: 9 servings

Note: Accompany this gooey dessert with vanilla nonfat ice cream.

Oil and flour and 8-inch square pan.

In a bowl, mix 1 cup all-purpose flour, granulated sugar, $\frac{1}{4}$ cup chocolate chips, 2 Tbls. cocoa, baking powder, and salt. Add 2 Tbls. salad oil and $\frac{1}{2}$ cup buttermilk; stir until the thick batter is evenly moistened. Scrape batter into prepared pan and spread level.

In the same bowl (no need to wash), mix brown sugar with remaining $\frac{1}{4}$ cup cocoa and $\frac{1}{4}$ cup chocolate chips. Scatter over batter in pan. Evenly pour remaining 1 cup buttermilk over brown sugar mixture; do not stir.

Bake in a 350°F. oven until edges of cake feel firm and spring back when lightly pressed, about 40 minutes.

Let cool in pan on a rack at least 15 minutes. Serve hot, warm, or at room temperature in bowls, scooping under cake to pan bottom to include pudding with each portion.

Per serving: 288 cal., 22% (64 cal.) from fat; 3.9 g. protein; 7.1 g. fat (2.5 g. sat.); 56 g. carbo (1.5 g. fiber); 224 mg sodium; 1.7 mg. chol.

This recipe comes from Sunset Magazine, Feb. 2000; p.152.