This low-fat cake is made with whole-grain flour and provides both nutrition and that delicious gingerbread taste.

**Ingredients**

- 1 1/4 cups whole-wheat pastry flour*
- 1 tsp. ground ginger
- 1 tsp. cinnamon
- 1/2 tsp. baking soda
- 1/2 cup sugar
- 1/2 cup low-fat buttermilk
- 1/4 cup canola oil
- 1/2 cup molasses
- 1 egg, lightly beaten

**Preparation**

1. Preheat oven to 350 degrees F. Coat an 8-inch square baking pan with nonstick cooking spray.
2. Combine flour, ginger, cinnamon and baking soda in a small bowl.
3. In a large bowl, stir together sugar, buttermilk, oil, molasses and egg.
4. Add flour mixture to wet ingredients and stir well.
5. Pour into baking pan and bake for 25 minutes.

* Whole-wheat pastry flour can be found in the baking aisle of most supermarkets. It gives the benefit of whole-grain without the heavy taste. Also look for white whole wheat.

**Nutrition Facts**

Yield 16 servings

| Amount Per Serving |  
|-------------------|---
| Calories | 128 |
| Fat | 4g |
| Cholesterol | 13mg |
| Sodium | 55mg |
| Carbohydrate | 21g |
| Dietary Fiber | 1g |
| Protein | 1.7g |

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