

# Low-Fat Gingerbread Cake

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

## 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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