

Washington Hospital's Sinless Chocolate Sheet Cake

Pan preparation:

Cooking spray
2 teaspoons all-purpose flour

Cake:

2 cups all-purpose flour
2 cups granulated sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
¼ teaspoon of salt
¾ cup of water
½ cup butter
¼ cup unsweetened cocoa, divided
½ cup low-fat buttermilk
1 teaspoon vanilla
2 large eggs

Frosting:

6 tablespoons of butter
1/3 cup fat-free milk
¼ cup cocoa
2 teaspoons vanilla
3 cups powdered sugar



Preheat oven to 375 degrees

Coat a 13 x 9 inch pan with cooking spray and dust with flour. set aside.

Lightly spoon 2 cups flour into dry measuring cups; level with a knife. Combine 2 cups flour and next four ingredients (through salt) in a large bowl, stirring with a whisk. Combine ¾ cup water, ½ cup butter, and ¼ cup cocoa in a small saucepan; bring to boil, stirring frequently. Add flour to mixture. Beat at medium speed with mixer until well blended. Add buttermilk, 1 teaspoon vanilla, and eggs; beat well. Pour batter into prepared pan. Bake at 375 degrees for 20 - 22 minutes (Bake just until done. Baking to the slightly under baked stage, but still done makes a very moist cake). Place on wire rack.

Combine 6 tablespoons butter, fat-free milk, and cocoa in saucepan; bring to boil, stirring constantly. Remove from heat. Gradually stir in powdered sugar and 2 teaspoons vanilla. **Spread on cool cake.**

Yield: 24 slices (cut cake 4 x 6, into approximately 2 x 2 inch square pieces)

Nutrition Facts: 234 calories, 2 grams protein, 8 grams fat, 40 grams carbohydrate (~2½ Carb choices), 139 mg sodium.