

# Wacky Chocolate Cake

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of Vegan Culinary Experience

Here is a delightful version of legendary Wacky Cake, which is said to have its origins in World War II rationing, when milk and eggs were hard to come by.

## About the Recipe

**171 Calories · 2 g Protein · 1 g Fiber**

**Dessert**

**Nut-free**

## Ingredients

***Makes 9 Servings***

- 1 1/2 c (180 g) unbleached pastry flour
- 3/4 c (152 g) sugar
- 1/2 tsp (2.5 mL) salt
- 1 1/2 tsp (7.5 mL) baking soda
- 3 tbsp (45 mL) cocoa powder
- 2 tsp (10 mL) vanilla extract
- 5 tsp (25 mL) unsweetened applesauce
- 1 tbsp (15 mL) vinegar

## Directions

1. Preheat the oven to 350 F (177 C). Combine the flour, sugar, salt, baking soda, and cocoa powder in a bowl; stir with a fork until mixed.
2. In a separate bowl, whisk the vanilla, applesauce, vinegar, and 1 c (240 mL) of cold water.

3. Pour the mixed wet ingredients into the dry ingredients. Stir with a fork until well mixed.
4. Pour into a 9-by-9-inch (23-by-23-cm) baking dish and bake for 30 minutes, until a toothpick inserted in the center comes out clean.
5. Serve.

## Nutrition Facts

*Per serving (1/9 of recipe):*

**Calories:** 155 kcal

**Fat:** 0.5 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 2%

**Cholesterol:** 0 mg

**Protein:** 2 g

**Carbohydrates:** 35 g

**Sugar:** 17 g

**Fiber:** 1 g

**Sodium:** 342 mg

**Calcium:** 6 mg

**Iron:** 1.9 mg

**Vitamin C:** 0 mg

**Beta-Carotene:** 0 mcg

**Vitamin E:** 0 mg