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