

Wapakoneta Family YMCA Recipe Exchange

Recipe: Lightened Up Texas Sheet Cake

From: Sharon Smeltzly

Oven Temp: 375 degrees

Servings: 20

Cake:

Grease and flour 15x10 jelly roll pan with 2 teaspoons flour and cooking spray

2 cups flour	1/4 cup unsweetened cocoa
2 cups white sugar	1/2 cup lowfat buttermilk
1 teaspoon baking soda	1 teaspoon vanilla extract
1 teaspoon cinnamon	2 large eggs
1/4 teaspoon salt	
3/4 cup water	
1/2 cup butter or margarine	



Combine flour, sugar, soda, cinnamon & salt with spoon. Set aside.

Combine water, butter & cocoa in a small saucepan and bring to a boil stirring frequently. Remove from heat and pour into flour mixture. Beat at medium speed until well-blended.

Add buttermilk, vanilla & eggs. Beat well and bake 17 minutes or until toothpick in center comes out clean.

While cake is baking, prepare icing.

Icing:

6 Tablespoons butter or margarine	1/4 cup cocoa
1/3 cup fat free milk or buttermilk	3 cups powdered sugar
1/4 cup chopped pecans	2 teaspoons vanilla

Combine butter, milk, 1/4 c. cocoa in saucepan and bring to a boil, stirring constantly. Remove from heat & gradually stir in powdered sugar & vanilla.

Spread over hot cake.

Cool on rack

Nutrition Information (if available):

Calories: 298, compared to 455 for regular Texas sheet cake

Fat: 10 grams, compared to 26 grams for regular Texas sheet cake