Gingerbread Cake

Perfectly spiced and sweet, and topped with a delicious lightened-up cream cheese frosting, this is a classic gingerbread recipe everyone will love.

Makes 9 Servings

Ingredients

1¾ cups white whole-wheat flour
¼ cup light brown sugar
½ baking soda
½ tsp baking powder
1 tsp ground cinnamon
3 tsp ground ginger
½ tsp ground nutmeg
½ tsp allspice
1/8 tsp salt

2 large eggs
¼ cup maple syrup
1/3 cup molasses
1 cup unsweetened applesauce
¼ cup milk or milk alternative
1 tsp vanilla extract
¼ cup melted coconut oil

For Frosting:
½ cup non-fat cream cheese, room temperature
½ cup non-fat, plain Greek yogurt, almost room temperature
2 tbsp maple syrup

Steps

1. Preheat oven to 350°F. Prepare an 8 x 8-inch pan with non-stick cooking spray.

2. Combine all dry ingredients in a large bowl and mix well. Set aside.

3. In a separate bowl, combine all wet ingredients (except for coconut oil). Whisk together until blended.

4. Slowly add flour mixture to wet ingredients. Add coconut oil and gently fold to combine, careful not to over mix.

5. Pour batter into the prepared pan and bake for 30 minutes. Check the cake at this point. If it looks like the sides are browning a little, loosely cover with a piece of foil. Continue backing for an additional 10 to 15 minutes or until the centre if fully cooked.

6. Make frosting while cake is baking. Add all ingredients to a bowl. Make sure the yogurt is not too chilled or it will clump the room temperature cream cheese. Blend using an electric mixer until smooth.

7. Remove cake from oven and let cool completely. Once cooled, lightly frost the cake and sprinkle with ground cinnamon.

Nutrition Information
279 Calories | 43g Carbohydrates | 8g Fat | 3g Fibre | 8g Protein | 271mg Sodium | 27g Sugar

Source: www.fitfoodiefinds.com

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