



Chocolate Snack Cake

shared by:

Command & Business Operations Center
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Here is a quick and easy way to enjoy moist chocolate cake with significantly less fat and sugar than the original. See....you can have your cake and eat healthier too!

Ingredients

- 1 package devil's food chocolate cake mix
- 1 package (2.1 ounces) sugar-free Jello-brand instant chocolate pudding mix
- 1 3/4 cups water
- 3 egg whites

Frosting:

- 1 1/4 cups cold 1% milk
- 1/2 teaspoon vanilla extract
- 1 package (1.4 ounces) sugar-free Jello-brand instant chocolate pudding mix
- 1 carton (8 ounces) frozen lite whipped topping, thawed (such as Cool Whip)

Directions

In a large mixing bowl, combine the cake mix, 2.1 ounce box of pudding mix, water, and egg whites. Beat on low speed for 30 seconds with an electric hand mixer. Then, beat for 2 minutes more on high speed, scraping the bowl frequently with a spatula. Pour batter into a 15" x 10" x 1" jelly roll pan coated with non-stick cooking spray. Bake at 350 degrees for about 15 minutes or until a toothpick inserted near the center comes out clean. Cool completely.

For frosting, place the milk, one-third of the 1.4 ounce box of pudding mix, and vanilla extract in a large mixing bowl. Let stand for about one minute. Using a wire whisk, whisk the pudding and milk. Repeat two more times with remaining pudding mix and whisk for several minutes longer. Let stand for about 10 minutes to soft set. Gently fold in the thawed whipped topping. Frost cake once completely cooled. Store in the refrigerator. Serves 16.

Nutritional Value Per Serving: 1 piece equals 200 calories, 5 g fat, 35 g carbohydrate, 1 g fiber, 3 g protein.

TVF&R's core business functions are based at this facility. The District's Central Integrated Operations Division is also based at CBOC. This team manages the emergency operations (fire, EMS, etc.), community services, education, prevention and preparedness programs for Stations 33, 35, 50, 51, 53, and 69.