

# TRIPLE BERRY HOT MILK SPONGE CAKE



## ingredients:

Vegetable oil cooking spray	2 Tablespoons canola oil
2 large eggs	2 teaspoons orange zest
3/4 cup sugar	1 teaspoon vanilla extract
1/2 cup white whole-wheat flour	1/4 cup apricot preserves
1/2 cup all-purpose flour	1 cup fresh strawberries, sliced
1 teaspoon baking powder	1 cup fresh blueberries
1/2 cup skim milk	1 cup fresh blackberries

## directions:

1. Preheat oven to 350 degrees. Coat a 9-inch round baking pan with cooking spray.
2. In a large bowl, beat eggs for 4 minutes with electric mixer on medium speed. Gradually add sugar and continue beating until light and fluffy, about 4 to 5 minutes.
3. In a separate bowl, combine whole-wheat flour, all-purpose flour, and baking powder. Add flour mixture to egg mixture and mix until just combined.
4. In a small saucepan, heat milk, oil, and orange zest over medium heat until hot, but not boiling. Remove from heat and add vanilla extract. Gradually add milk mixture to batter, mixing constantly.
5. Pour batter into prepared pan and bake 20 to 25 minutes. In a saucepan, melt apricot preserves over low heat. Remove from heat and add strawberries, blueberries, and blackberries; toss to coat berries. To serve, top each piece of cake with about 1/3 cup glazed berries.

Yield: 9 servings

## Nutrition Information Per Serving:

206 Calories  
7 grams Fat  
1 gram Saturated Fat  
42 mg Cholesterol  
67 mg Sodium  
39 grams Carbohydrates  
3 grams Fiber  
4 grams Protein

Food exchanges: 1 1/2 fat,  
1 fruit, 1 1/2 starch



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