LiveWell

Healthy red velvet cake

Yield: 12 servings

Ingredients:

Vegetable oil cooking spray
1 cup beets, quartered and roasted
½ cup non-fat milk
2 teaspoons vanilla extract
¾ cup granulated sugar
¼ cup canola oil
½ cup plain fat-free Greek yogurt
2 large eggs
1 large egg white
1 cup white whole wheat flour
1 cup all-purpose flour
1/3 cup unsweetened cocoa powder
2 teaspoons baking powder
¼ teaspoon salt

Frosting:
4 ounces reduced-fat cream cheese (Neufchatel)
½ cup plain fat-free Greek yogurt
1 ½ teaspoons vanilla extract
¼ cup powdered sugar
¾ cup raspberries
6 strawberries, halved

Directions:

1. Preheat oven to 350º F. Spray a 9" x 13" cake pan with vegetable oil cooking spray.

2. Place beets in a food processor and pulse until finely chopped. Add milk, vanilla, and sugar and pulse together until thoroughly mixed. Add oil, Greek yogurt, egg and egg white and pulse to combine.

3. In a separate bowl combine flour, cocoa, baking powder, and salt. Pour beet mixture into bowl and stir to combine.

4. Pour cake batter into prepared pan. Bake for 30 minutes or until toothpick inserted into the middle comes out clean. Let cool completely.

5. While cake bakes, make frosting. In a medium bowl, use an electric hand mixer to whisk together cream cheese, Greek yogurt, vanilla extract, and powdered sugar until smooth and creamy.

6. Frost cooled cake with prepared frosting. Decorate with fruit.

Nutrition information per serving:

Calories: 198
Fat: 8 grams
Saturated fat: 2 grams

Cholesterol: 43 mg
Sodium: 129 mg
Carbohydrates: 24 grams

Fiber: 3 grams
Protein: 7 grams

Food exchanges:
2.5 carbohydrate,
1 vegetable, 1 fat

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