

## Devil's food cake for Valentine's Day

### Cake

1 ½ cups unbleached flour  
1 cup sugar  
1 ½ teaspoon baking powder  
1 teaspoon baking soda  
¼ teaspoon salt  
1 heaping tablespoon of cocoa  
1 jar (2 ½ ounces) of prune baby food or  
5 tablespoons mashed banana or prunes  
½ cup buttermilk  
3 egg whites  
2 teaspoons vanilla

### Filling Frosting

8 ounces frozen nondairy whipped cream, defrosted  
2 tablespoons cocoa

1. Preheat oven to 350 degrees F.
2. Spray two 8 inch round cake pans with vegetable spray.
3. Combine flour, sugar, baking powder, baking soda, salt and cocoa in a large bowl.
4. Blend together prunes, buttermilk, egg whites and vanilla in a small bowl
5. Add prune mixture with the flour mixture and mix with a fork.
6. Spoon into 2 eight inch round pans coated with vegetable spray.
7. Bake for 20 minutes or until a tooth pick inserted into the middle of the cake comes out clean.
8. Cool on a wire rack.
9. Place whip cream and cocoa in a mixing bowl and beat until light and fluffy.
10. Set the first cooler layer of cake on a plate.

11. Spread a thick layer of whip cream on top of the layer of cake.
12. Top with the second cake layer and spread the remaining cream on the top.
13. Refrigerator for at least one hour before serving.

12 servings each serving contains:

Calories: 180

Fat: 4 grams