

## **Chocolate Pudding Cake**

Serves 12; 1 piece per serving

Rich and gooey, this easy-to-prepare pudding cake is intensely satisfying. It magically bakes into two distinct layers, one cakelike and the other a chocolate pudding sauce.

Cooking spray

1 teaspoon unsweetened cocoa powder

### **Cake Layer**

1 cup all-purpose flour

1/2 cup sugar

1/3 chopped pecans

3 tablespoons unsweetened cocoa powder

2 teaspoons baking powder

1/8 teaspoon salt

1/2 cup fat-free evaporated milk

1 tablespoon canola or corn oil

1 teaspoon vanilla extract

### **Pudding Layer**

1/2 cup sugar

1/4 cup firmly packed light brown sugar

3 tablespoons unsweetened cocoa powder

1 cup water

1/2 teaspoon vanilla extract

Preheat the oven to 350°F. Lightly spray a 9-inch square baking pan with cooking spray. Dust the bottom with 1 teaspoon cocoa powder.

For the cake layer, in a medium bowl, stir together the flour, sugar, pecans, cocoa powder, baking powder, and salt. Add the evaporated milk, oil, and vanilla, stirring until well combined. Using a rubber scraper or the back of a large spoon, spread the batter in the pan. (The batter will be very thick.)

For the pudding layer, in another medium bowl, stir together the sugar, brown sugar, and cocoa powder. Whisk in the water and vanilla. Pour over the batter. Do not stir.

Bake for 25 to 30 minutes, or until the cake springs back when touched lightly in the center. (A cake tester or wooden toothpick doesn't work well for testing doneness here.) Transfer to a cooling rack and let cool in the pan for 10 to 15 minutes. Serve hot, warm, or at room temperature, spooning the pudding over the cake.

**NUTRITION ANALYSIS (per serving)**

Calories	175	
Total Fat	4.0 g	
Saturated Fat	0.5 g	
Trans Fat	0.0 g	
Polyunsaturated Fat	1.0 g	
Monounsaturated Fat	2.0 g	
Cholesterol	0 mg	
Sodium	105 mg	
Carbohydrates	33 g	
Fiber	1 g	
Sugars	23 g	
Protein	3 g	

**Dietary Exchanges:** 2 carbohydrate, 1 fat

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