

Peanut Butter Bundt Cake

Prep time: 25 minutes

Cook time: 55 minutes

CAKE

1 ½ cups whole grain pastry flour
1 cup cake flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup reduced-fat peanut butter
½ cup butter, at room temperature
1 cup sugar
2 egg whites
1 tablespoon vanilla extract
⅓ cup mini chocolate chips
1 ½ cups low-fat buttermilk

GLAZE

1 tablespoon unsweetened cocoa powder
2 tablespoons peanut butter
1 ½ - 2 tablespoons water
½ teaspoon vanilla extract
½ cup confectioners' sugar
Pinch of salt

1 To make the cake: Preheat the oven to 350°F. Coat a 10" Bundt pan with cooking spray.

2In a medium bowl, whisk together the whole grain and cake flours, baking powder, baking soda, and salt. In another medium bowl with an electric mixer at medium speed, beat together the peanut butter and butter for 1 minute, or until creamy. Add the sugar, egg whites, and vanilla and beat for 2 minutes, or until light and fluffy. Beat in the chocolate chips on low speed, just until combined.

3With the mixer set on the lowest speed, alternately add the flour mixture and the buttermilk in 3 additions, beginning and ending with the flour mixture. Scrape the batter into the prepared pan and spread level.

4Bake for 55 to 60 minutes, or until a wooden pick inserted into the center comes out clean and the cake begins to pull away from the sides of the pan. Cool in the pan on a rack for 10 minutes. Loosen the sides with a spatula and invert onto a serving plate. Slip strips of waxed paper under the edges of the cake, for glazing.

5*To make the glaze:* Meanwhile, in a small bowl, stir together the cocoa, peanut butter, water, and vanilla until blended. Stir in the confectioners' sugar and salt until smooth. Drizzle the glaze over the cake using a spoon. Set aside until the glaze is firm. Remove the waxed paper strips. Makes 16 servings.

Nutritional analysis per serving:

270 calories, 6 g protein, 37 g carbohydrate, 12 g fat, 15 mg cholesterol, 290 mg sodium, 2 g dietary fiber

Diet exchanges: 2 ½ bread, ½ meat, 3 fat

Carb choices: 3

Providing guidance and support to make the "healthy choice the easy choice!"



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