

BANANA SPLIT CAKE

(Fat Free; less than one gm.)

*Stacey Pardue
Registered Dietitian*

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| 1 Betty Crocker Sweet Rewards yellow cake mix (reduced fat) | 1 package Jello Instant vanilla pudding mix |
| 1 teaspoon butter flavoring | $\frac{3}{4}$ cup fat free milk |
| 2 tablespoons Smuckers baking replacement | 1 can crushed pineapple (15 ounce) |
| $1\frac{1}{3}$ cups water | 3 bananas |
| $\frac{3}{4}$ cup Better n; Eggs (egg beaters) | 1 carton Cool Whip (12 ounce) |
| | 14 cherries |

Bake cake according to directions in a large casserole dish using the substitutions listed. Allow cake to cool. Prepare vanilla pudding according to directions on package. Warm pineapple in a microwave oven. Pour over cake. Slice bananas and arrange them over the pineapple. Spread pudding on top and then spread the Cool Whip on top. Garnish with cherries and chill. serves 20. 160 calories. Less than one fat gram.

BEST EVER POUND CAKE

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| 1 box butter recipe cake mix | 4 eggs |
| $\frac{1}{2}$ cup sugar | 1 cup sour cream |
| $\frac{3}{4}$ cup oil | |

Combine mix and sugar with mixer. Mix in oil and eggs, one at a time. Mix well and add sour cream. Mix until fluffy. Bake in bundt pan 350° for 30 to 40 minutes. Yield: 16 servings

BLACKBERRY-SPICE CAKE

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| 3 large eggs | $\frac{1}{2}$ teaspoon salt |
| 2 cups sugar | 1 teaspoon cinnamon |
| 1 cup butter, softened | 1 tablespoon cloves |
| 2 cups blackberries | 1 teaspoon allspice |
| 2 cups flour, all-purpose | 1 teaspoon nutmeg |
| 2 teaspoon soda | |

Mix together, until smooth, butter, eggs and sugar. Add berries, mix well, and add in spices, salt, soda and flour. Beat until smooth and then pour into greased and floured 9 x 13-inch pan. Bake at 375° until it tests done. Frost with your favorite frosting or try it as is with ice cream. You might find you like it like this.