

Free sample recipe from The Sneaky Chef
<http://www.thesneakychef.com>



QUICK FIX FOR CHOCOLATE CAKE MIX

In my informal survey of moms across the country, I've found that most people use boxed cake mixes for cupcakes and cakes. Here's a way to sneak a lot more nutrition into a cake mix while maintaining its light texture and chocolaty taste.

3 large eggs

¾ Purple Puree ([see Make-Ahead Recipe #1](#))

1 cup water

¼ cup wheat germ

1 box (about 18 ounces) chocolate cake mix (such as Duncan Hines® Moist Deluxe® Classic Cake Mix)

Preheat oven to 350 degrees and spray a cake pan (then lightly flour) or muffin tin (lined with muffin cups).

In the bowl of an electric mixer, combine eggs, Purple Puree, water, and dry ingredients. Blend at low speed for 30 seconds, then increase speed to medium speed for another 2 minutes. Pour batter into cake pan or muffin tins. Bake cake for 33 to 36 minutes, cupcakes for 18 to 21 minutes (both until a toothpick inserted in the center comes out clean).

Nutritional Information

Per Serving (1 slice, 75g): Calories 213; Total Fat 8.0g; Fiber 1.8g; Total Carbohydrates 33.7g; Sugars 17.3g; Protein 4.8g; Sodium 364mg; Cholesterol 52mg; Calcium 86mg. *55% less fat, 22% less cholesterol, 11% more potassium, and 41% more fiber than traditional recipe.*

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