

Free sample recipe from The Sneaky Chef

<http://www.thesneakychef.com>



QUICK FIX FOR YELLOW CAKE MIX

Many moms across the country start with a cake mix for cakes and cupcakes their kids can bring to school. Readers have requested this sneaky upgrade, which retains all the taste and texture of the original. This is a great way to respond when the school requests healthier birthday party events and bake sales.

3 large eggs

½ cup Orange Puree or White Bean Puree

1/3 cup applesauce

1 cup water

½ cup oat bran

1 box (about 18 ounces) yellow cake mix (such as Duncan Hines® Moist Deluxe® Classic Yellow 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, Orange or White Bean Puree, applesauce, 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

Serving size: 1 (98g); Calories: 241; Total Fat: 6.6g; Fiber: 2.0g; Total Carbohydrates: 41.9g; Sugars: 19.0g; Protein: 5.5g; Sodium: 306mg; Cholesterol: 53mg.

Compared to traditional yellow cake mix recipe: 42% less calories, 67% less fat, 37% less cholesterol, 36% less sodium, 93% more potassium, 23% less carbs, and 153% more fiber, and 37% less sugars.

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