# RED VELVET CAKE
## WITH CONVERSATION HEART

## INGREDIENTS:

| | |
|---|---|
| **1 ¾ cups** | All purpose flour |
| **2 cups** | Sugar |
| **¾ cup** | Cocoa powder |
| **2 tsp.** | Baking soda |
| **1 tsp.** | Baking powder |
| **1 tsp.** | Salt |
| **1 cup** | Cottage cheese, 1%, pureed |
| **½ cup** | Non fat plain yogurt |
| **2 each** | Eggs |
| **1 ½ tsp.** | Vanilla extract |
| **1 cup** | Coffee, hot, freshly brewed |
| **1 tbsp.** | Red food coloring |

## METHOD:

- Preheat oven to 350°F.
- In medium size bowl, sift all dry ingredients.
- In stand mixer bowl (or any other mixing bowl), add pureed cottage cheese and non fat plain yogurt.
- Alternate between adding the dry mix and the two eggs.
- Then add the vanilla extract, red food coloring and hot coffee.
- Mix until batter is well incorporated; scrape the sides of the bowl to make sure all dry ingredients are in the mix.
- Spray two 8 inch cake pans with non stick pan spray.
- Pour batter as evenly as you can into each cake pan. (Batter will be slightly runny)
- Bake in oven for about 30 to 35 minutes.

**Chef's note:** This recipe will also convert to 16 cupcakes.

**Serves:** 16
**Calories:** 170
**Fat:** 2 gm.


800.292.2440 | www.hhhealth.com
14 VALENCIA ROAD, HILTON HEAD ISLAND, SC 29928