



Chocolate Not-Only-In-Your-Dreams Cake

Makes 4 cakes. Recipe from aarp.org.

Ingredients

Butter-flavored cooking spray
 1/4 cup unsweetened applesauce
 1 teaspoon vanilla extract
 4 large egg whites
 1 cup dark or light brown sugar (not packed)
 3/4 cup unsweetened cocoa powder
 1/4 teaspoon very finely ground espresso beans
 (or 1/2 teaspoon instant coffee)
 1/2 teaspoon salt
 1/2 teaspoon powdered sugar (optional)
 4 raspberries or strawberries (optional)
 Four 3 1/2 -inch-diameter ramekins (or any small
 souffle dishes or heat-proof bowls that are a least a
 few inches tall)

Nutritional info

Calories	203
Protein	7g
Carbohydrates	46g
Fat	2g
Cholesterol	0mg
Fiber	6g
Sodium	364mg

Directions

1. Preheat the oven to 350°F.
2. Generously mist four 3 1/2 -inch-diameter ramekins with spray. Place them side by side in an 8-by-8-inch baking pan. Add water to the pan until it reaches halfway to the top of the ramekins.
3. Use a sturdy whisk or spatula to mix the applesauce, vanilla, egg whites and brown sugar in a large mixing bowl until well combined. Add the cocoa powder, espresso and salt. Stir until just combined and no lumps remain. Divide evenly among the ramekins (each ramekin will be about two-thirds full).
4. Bake for 21 to 24 minutes, until the tops look silky and puff slightly and a toothpick inserted in the center comes out a bit wet (do not cook them long enough for the toothpick to come out dry).
5. Remove from the oven and carefully transfer the ramekins from the water in the baking pan to a cooling rack. Cool for 5 to 10 minutes. Then invert each ramekin onto a dessert plate. Let stand for 1 minute, and then slowly lift off the ramekin (the cakes should come out on their own; if they don't, run a knife around the edge of the cakes to loosen them). Cool for another 5 to 10 minutes. Use a fine sieve to evenly dust each cake with a light sprinkling of powdered sugar, if desired. Place one raspberry on the center of each cake, if using. Serve immediately (see Note below).

NOTE:

You can store some in the freezer, unbaked, in the ramekins placed within an airtight container. When you need a no-fuss dessert, pop the ramekins in a glass pan filled with some water, as described above, and bake for 30 to 32 minutes, then garnish with powdered sugar and fresh fruit.