

CHamoru-style Cake with Coconut Flour

Makes

12 servings

Prep time

50 minutes

Benefits:

Low fat

High in fiber

High in iron

Ingredients:

$\frac{3}{4}$ cup coconut flour

$\frac{3}{4}$ cup all-purpose flour

1 $\frac{3}{4}$ tsp. baking powder

$\frac{1}{2}$ cup margarine (Smart Balance/64% oil)

$\frac{3}{4}$ cup granulated sugar

2 eggs

2 tsp. vanilla extract

$\frac{1}{2}$ cup 2% milk

$\frac{1}{4}$ - $\frac{1}{2}$ cup water (add more if needed)

Nutrition Facts

12 servings per container

Serving size **1 Slice (67g)**

Amount per serving

Calories **130**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 30mg **1%**

Total Carbohydrate 24g **9%**

Dietary Fiber 3g **11%**

Total Sugars 14g

Includes 13g Added Sugars **26%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 105mg **8%**

Iron 3mg **15%**

Potassium 172mg **4%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



Directions:

1. Preheat oven to 350 degrees F.
2. Grease and flour a 9x9-inch pan or muffin pan.
3. In a medium bowl, cream together sugar and margarine. Beat in eggs, one at a time, then stir in the vanilla.
4. In another bowl mix all dry ingredients together, then slowly add to wet ingredients.
5. Mix well with an electric mixture, then pour into the prepared pan.
6. Bake in the preheated oven for 30 minutes (or 20 to 25 minutes for cupcakes). Cake is done when it springs back to touch or when a toothpick comes out clean.

