

# NUTS ABOUT CHOC PUDDING



Makes 8 servings, about ½ cup each

**ACTIVE TIME:** 20 minutes

**TOTAL TIME:** 1 hour

**EASE OF PREPARATION:** Moderate

- ½ cup whole wheat pastry flour
- ½ cup all purpose flour
- ⅓ cup sugar
- ¼ cup unsweetened cocoa powder, sifted
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 large egg
- ½ cup low fat milk
- 2 tablespoons canola oil
- 2 teaspoons vanilla extract
- ¾ cup semisweet chocolate chips (optional)
- 1⅓ cups hot brewed coffee
- ⅔ cup packed light brown sugar
- ¼ cup chopped walnuts or pecans, toasted

## NUTRITION INFORMATION

Per serving: About ½ Cup: 2½ Carbohydrate Servings

Nutrient	Amount
Total Calories	220 calories
Fat	7g
Monounsaturated Fat	3g
Saturated Fat	1g
Cholesterol	27mg
Carbohydrate	38g
Protein	4g
Fibre	2g
Sodium	237mg

1. Preheat oven to 350°F. Coat a 1½- to 2-quart baking dish with cooking spray. Whisk whole wheat flour, all purpose flour, sugar, cocoa, baking powder and salt in a large bowl. Whisk egg, milk, oil and vanilla in a glass measuring cup. Add to the flour mixture; stir with a rubber spatula until just combined. Fold in chocolate chips, if using. Scrape the batter into the prepared baking dish. Mix hot coffee and brown sugar in the measuring cup and pour over the batter. Sprinkle with nuts. (It may look strange at this point, but don't worry. During baking, cake forms on top with sauce underneath.)
2. Bake the pudding cake until the top springs back when touched lightly, 30 to 35 minutes. Let cool for at least 10 minutes. Serve hot or warm.

TIP: Whole wheat pastry flour, the whole grain equivalent of cake flour, adds fibre and a rich, nutty taste