

Elsie's Gingerbread

This streusel-topped version, light on molasses and heavy on spice, has a moist, almost coffeecake-like texture and a delicate crumb. The streusel melts into the cake and provides a yummy appearance. Be sure to coat only the bottom of your pan with cooking spray.

1½ cups all-purpose flour	¼ cup vegetable shortening
1 cup sugar	1 egg
2 teaspoons ground ginger	3 tablespoons molasses
1 teaspoon cinnamon	1 cup buttermilk
¼ teaspoon ground nutmeg	2 teaspoons baking soda
¼ cup cold butter, cut into small pieces	¾ teaspoon salt

1. Preheat oven to 350F. Coat bottom only of a 9-inch square pan or 9-inch tube pan with cooking spray.
2. Combine flour, sugar, ginger, cinnamon and nutmeg in a large mixing bowl. Using a pastry blender, cut in butter and shortening to make a crumbly mixture. Scoop out ¼ cup and set aside.
3. Add egg and molasses to flour mixture and stir. Combine buttermilk, baking soda and salt. Add buttermilk mixture to flour mixture; stir well (there will still be a few lumps). Pour into prepared pan; sprinkle reserved flour mixture evenly over top.
4. Bake about 30 minutes or until toothpick inserted in center comes out clean. Serves 9.

Per serving: 240 calories, 11g fat, 3g prot., 36g carbs., 0g fiber, 480mg sodium.

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