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## Gingerbread

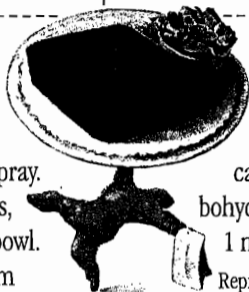
Serve this healthy dessert with your favorite frozen yogurt or fruit cup.

- 1/2 cup lowfat milk**
- 2 teaspoons cider vinegar**
- vegetable oil spray**
- 3/4 cup light molasses**
- 1/2 cup vegetable oil**
- 1 egg white**
- 1 cup all-purpose flour**
- 1 cup whole-wheat flour**
- 1 teaspoon ground ginger**
- 1/2 teaspoon baking soda**
- 1/2 teaspoon ground cinnamon**
- 1/4 cup raisins**

Combine milk and vinegar and allow to stand 10 minutes. Lightly spray a 9-inch square baking pan with vegetable oil spray.

Place prepared milk, molasses, oil and egg white in a mixing bowl. Beat until blended. In a medium bowl, combine flours, ginger, baking soda and cinnamon. Add flour mixture to liquid mixture. Mix until evenly distributed. Fold in raisins.

Pour into prepared pan. Bake at 350 degrees for 30 to 35 minutes. Remove



from oven and allow to cool in pan.

Serves 8. Per serving: 257 calories, 5 g protein, 45 g carbohydrate, 8 g fat, 79 mg sodium, 1 mg cholesterol.

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