

FREE RECIPE: Chocolate Dream Cake

Eat Chocolate Cake... and LOSE WEIGHT!

Eat up. This decadent dessert won't make you fat!

¾ cup	unsweetened cocoa powder	1 Tbsp	instant coffee powder
¼ cup	sugar	1½ cups	skim milk
½ cup	boiling water	1 pkg	(1½ oz) whipped topping mix
1 pkg	(16 oz) angel food cake mix	1 pkg	(1.4 oz) sugar-free instant chocolate pudding mix
1¼ cups	water		

1. Preheat oven to 350°F. Line a 10x15-inch jelly-roll pan with waxed paper. Whisk together cocoa, sugar, and boiling water. Cool to lukewarm.
2. Prepare cake mix per package directions, using 1¼ cups water and adding cocoa mixture. Spread batter evenly in the pan. Bake 20 minutes or until top

looks dry. Invert onto a large wire rack. Remove the pan and waxed paper. Cool.

3. In a medium bowl, dissolve coffee in milk. Add topping and pudding mixes. Beat on low speed until moistened. Beat at high speed until soft peaks form. Chill 5 minutes.

4. Cut cake crosswise into thirds. Cover each layer with topping. Stack; chill for 2 hours.

Serves 10

Per slice: 261 cal,
1.5 g fat (5%
of cal), 427 mg
sodium

