GINGERBREAD
Yield: 16 servings
This recipe uses whole wheat flour in place of white flour and applesauce for half of the fat. It’s so yummy and moist no one will notice!

Ingredients
2 ¼ cup whole wheat flour
¼ cup brown sugar
1 ½ teaspoon baking soda
1 ½ teaspoons ground ginger
1 teaspoon cinnamon
½ teaspoon each ground cloves and nutmeg
¾ cup buttermilk (or ¾ cup milk plus 1 teaspoon lemon juice or vinegar)
¾ cup applesauce
¼ cup canola oil
¼ cup molasses
2 large egg
½ teaspoon vanilla
½ cup raisins (optional)

Directions
1) Preheat oven to 400 degrees. Grease and flour a 9" X 13" square pan.

2) In a large mixing bowl, whisk together the flour, brown sugar, baking soda, ginger, cinnamon, cloves, and nutmeg.

3) Add the buttermilk, applesauce, oil, molasses, egg, and vanilla.

4) Stir into the batter until it's evenly combined, about 30 seconds. Stir in raisins, if desired.

5) Pour the batter into the prepared pan, and bake for 20 to 25 minutes, until the cake just begins to pull away from the edge of the pan.

6) Remove from the oven and cool on a rack for 15 minutes before slicing; gingerbread is best served with powdered sugar or Greek vanilla yogurt.

Nutrition Information (Serving Size: 1 piece): 158 Calories; Total Fat: 5g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 30mg; Sodium: 180mg; Total Carbohydrate: 26g; Dietary Fiber: 1g; Sugars: 12g; Protein: 3g