

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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