



**WILLIAM K. NASSER, MD,
DINING A LA HEART 20TH ANNUAL FUNDRAISER**

RASPBERRY MOCHA PUDDING CAKE

3/4 c. granulated sugar (or splenda)	2 t. baking powder
1/2 c. Non-fat milk	1/4 t. salt
1/2 c. unsweetened applesauce	3/4 c. packed brown sugar (or splenda brown sugar)
1 t. pure vanilla extract	1/4 c. unsweetened cocoa powder
1 t. raspberry flavoring (LorAnn's) *Optional	1 3/4 c. HOT brewed coffee
1 c. all purpose flour	
1/3 c. unsweetened cocoa powder	

Preheat oven to 350 degrees. Lightly coat an 8 x 8 x 2 baking pan (or 6 shallow ceramic coffee mugs) with non-stick cooking spray.

In a mixer combine granulated sugar, non-fat milk, applesauce, vanilla and flavoring. Mix until combined. Add flour, 1/3 c. cocoa, baking powder and salt. Mix well. Pour into prepared pan or mugs.

In a small bowl combine brown sugar, 1/4 c. cocoa powder and hot brewed coffee. Carefully pour liquid mixture over cake batter. Bake for 45 minutes for the 8 x 8 x 2 pan or 20 minutes for shallow coffee cups.

Serve warm, garnish with fresh raspberries.

*Raspberry flavoring can be omitted to create a simple mocha cake!

*LorAnn's flavorings can be purchased through Mrs. B's Sweet Supplies on the west side of Indianapolis

Yield: 10 serving

Chef Angie Hough, The Fresh Harvest Market & Deli, 12770 Horseferry, Carmel 660-7333

Nutrition Information: 170 Calories, 1 gm fat, 0 gm saturated fat, 0 gm trans fat, 00 mg cholesterol, 40 gm carbohydrate, 3 gm fiber, 3 gm protein, 150 mg sodium

**William K. Nasser, MD 20th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**