

**Recipe:** Grandma's Chocolate Cake

*A simple steamed chocolate cake that will satisfy your sweet tooth.*

Preparation time: 15 minutes

Cooking time: 45 minutes

Serves 10 children

**Ingredients**

- **Ingredients A:**
  - 100g sugar
  - 4 tablespoons canola oil\*
  - 120ml low fat milk\*
  - 2 eggs
  - 1 teaspoon vanilla essence
- **Ingredients B:**
  - 150g whole wheat flour\*
  - 1 teaspoon salt
  - 1 teaspoon baking soda
  - 40g cocoa powder



\* Choose products with the Healthier Choice Symbol

**Methods**

1. Line the baking pan with parchment paper and lightly grease with oil.
2. Add ingredients A into a mixing bowl and mix well.
3. Sieve ingredients B into the mixing bowl and blend well together.
4. Pour the mixture into the baking pan and cover the top with aluminium foil.
5. Steam the cake mixture for 40 minutes.
6. Remove and cool completely before cutting the cake.

**Tips:**

- You should use an electric mixer or whisk where possible to blend the ingredients thoroughly. This is necessary because if the batter is not mixed well, there will be chunks of flour remaining even after the cake is steamed.
- Serve with strawberries or grapes for a good taste combination.

**Nutrition Information**

**(Per serving): 60 g**

**Energy 179.7 kcal**

**Protein 4.1 g**

**Total fat 8.1 g**

**Saturated fat 1.2 g**

**Carbohydrates 21.6 g**

**Total sugar 10.3 g**

**Dietary fibre 2.8 g**

**Sodium 291.8 mg**

Cost Per Serving: \$0.32