



MON TUES 04.08.14 WED THURS FRI

# CHEW

**Chew the Right Thing**

## BITE IT!



HG's Choco-Chip Coffee Cake

### For Goodness' Cake!

PRINT

Coffee cake crammed with chocolate bits is the kind of treat that gets us out of bed in the morning. This guilt-free goodie is the perfect sidekick to your a.m. java, *and* it doubles as dessert. Plus, it's delicious and packs a fiber punch. Score!

**Prep:** 20 minutes

**Cook:** 30 minutes

**Cool:** 30 minutes

#### Ingredients:

##### Crumb Topping

- 1/4 cup [Fiber One Original bran cereal](#)
- 3 tbsp. old-fashioned oats
- 3 tbsp. brown sugar (not packed)
- 2 tbsp. [Splenda No Calorie Sweetener \(granulated\)](#), or *HG Alternative*
- 1/2 tsp. cinnamon
- 2 tbsp. [light whipped butter or light buttery spread](#) (like Brummel & Brown)

##### Cake

- 1 cup whole-wheat flour
- 1/2 cup [Splenda No Calorie Sweetener \(granulated\)](#), or *HG Alternative*
- 1/4 cup all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. cinnamon
- 1/4 tsp. salt
- 1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
- 1/2 cup club soda
- 1/3 cup low-fat buttermilk
- 1/4 cup no-sugar-added applesauce
- 1 tsp. vanilla extract
- 1/4 cup mini semi-sweet chocolate chips

#### Directions:

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

To make the crumb topping, place cereal in a sealable plastic bag. Seal bag, and finely crush cereal with a meat mallet or other heavy utensil. Transfer crumbs to a medium bowl. Add all other topping ingredients to the bowl *except* butter, and mix well. Add butter, and mash and stir until uniform.

In a large bowl, combine whole-wheat flour, sweetener, all-purpose flour, baking powder, baking soda, cinnamon, and salt. Whisk thoroughly.

In a medium-large bowl, combine egg substitute, club soda, buttermilk, applesauce, and vanilla extract. Whisk until uniform. Add mixture to the large bowl, and whisk until uniform. Fold in chocolate chips.

Pour cake batter into the baking pan. Sprinkle evenly with crumb topping. Bake until a toothpick inserted into the center comes out clean, 26 - 30 minutes.

Let cool for 30 minutes. Slice into squares, and eat!

MAKES 9 SERVINGS

**Serving Size:** 1 piece (1/9th of recipe)

**Calories:** 146

**Fat:** 3.5g

**Sodium:** 238mg

**Carbs:** 25.5g

**Fiber:** 3g

**Sugars:** 7.5g

**Protein:** 4.5g

**PointsPlus®** value 4\*

**HG Alternative:** If made with an equal amount of white granulated sugar in place of the Splenda, each serving will have 192 calories, 38g carbs, and 21.5g sugars (**PointsPlus®** value 5\*).

## FIGHT IT!



Chocolate Chip Coffee Cake, Average

### Coffee Balk...

A sweet baked treat that can be eaten for breakfast -- like coffee cake -- is a blessing and a curse. On the one hand, WOOHOO, dessert for breakfast! Your inner child will rejoice. On the other hand, your grown-up self *knows* that you shouldn't be chowing down on too many fatty, sugary calories first thing in the morning. Good news: Our recipe will satisfy both your inner kid and your outer adult. It's got more fiber than your average coffee cake, and way less sugar and fat. The cake base is moist and delicious, and there are plenty of chocolate chips (thank goodness!). Guess this is what people mean when they talk about having their cake and eating it too...

**Serving Size:** 1 piece

**Calories:** 510

**Fat:** 23g

**Sodium:** 345mg

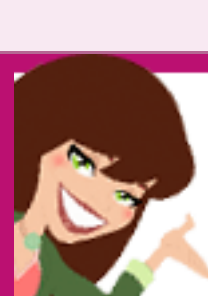
**Carbs:** 70g

**Fiber:** 2g

**Sugars:** 42g

**Protein:** 5g

**PointsPlus®** value 14\*



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**Fiber One™ Original Bran Cereal**  
**is a Hungry Girl All-Star!**

Each **DELICIOUS** serving has...

- \* Over half the recommended daily value of fiber to help keep you full...
- \* Complex carbs from whole grains to help give you energy...
- \* And 60 calories...

**WOWOWOW!**

**STOCK UP TODAY!**

Nutritional info for a 1/2-cup serving

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**FIBER ONE ORIGINAL!**

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With a slightly sweet taste and a crunchy texture, **Fiber One Original** is the **PERFECT** topping!

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**SEND TO A FRIEND**

Don't just take the cake... Pass it around too! Click "Send to a Friend" now.

### CHEW ON THIS:

If you looked at the calendar and thought, "Oh no... I forgot to celebrate National Coffee Cake Day yesterday!", worry not. You can make up for lost time with today's recipe.

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