

Chocolaty Coconut Party Torte

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Makes 16 Servings

At the holidays, the Mabee family uses store-bought cake mixes to create their two favorite desserts: coconut cake and chocolate cake with pre-made frosting and super-rich ice cream. For our easy *recipe rescue*, we traded their tempting treats for one amazing dessert without the usual heaping helping of cholesterol-raising fats --- and some good-for-you ingredients to boot. Here's how we did it:

- Eliminated the cake mix, pre-made frosting, and ice cream to reduce the saturated fat and trans fats.
- Used canola oil and omega-3 eggs for heart-healthy fats.
- Used whole wheat flour for extra fiber.
- Served the cake with raspberries for added fiber, vitamin C, and antioxidants.

8 ounces semisweet chocolate chips (about 1 1/4 cups)

1/2 cup canola oil

5 large omega-3 eggs, beaten

1 cup sugar

1/2 cup whole wheat flour

1/2 cup unsweetened cocoa powder, sifted

1/4 cup shredded coconut

Powdered sugar

2 pints raspberries

1. Preheat the oven to 350°F.
2. Butter a 9-inch-diameter springform pan and dust with sugar. Set aside.
3. Stir the chocolate chips and canola oil in a medium saucepan over low heat until melted, about 2 minutes. Remove from the heat.
4. Whisk the eggs, sugar, flour, cocoa powder, and coconut in a large bowl until well combined. Whisk in the melted chocolate.
5. Pour the batter into the prepared pan. Smooth the top with a spatula. Bake 35 to 40 minutes, or until a toothpick inserted in the center comes out clean.
6. Cool completely in pan on rack. Sprinkle with powdered sugar and serve with fresh raspberries.

Nutrition Information:

| | Original Chocolate Cake with Ice Cream | Moms' Torte |
|-------------------|---|-------------|
| Calories | 470 | 240 |
| Total Fat (grams) | 26 | 13 |

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| Saturated Fat (grams) | 14 | 4 |
| Omega-3 Fat (grams) | .06 | 0.7 |
| Sodium (milligrams) | 270 | 25 |
| Carbohydrate (grams) | 56 | 31 |
| Fiber (grams) | 2 | 4 |
| Protein (grams) | 7 | 4 |

Equipment:

Medium Saucepan

Whisk

Large Bowl

9-inch Springform Pan

Wire Rack

Dusting Jar (for powdered sugar)

Spatula