

Butternut Spice Cake

Serves 8



Ingredients

- 1 small squash
- 2 cups of whole-wheat flour
- 1 tsp of ground allspice
- 1 tsp of cinnamon
- 1 tsp of nutmeg
- 1 tsp of baking powder
- ¾ tsp of salt
- ½ baking soda
- ¼ tsp of black pepper
- ½ cup of unsalted butter
- 1 ½ cups of light brown sugar-packed
- 2 eggs
- 1 tsp of vanilla

Directions

- ☞ Preheat oven to 350°
- ☞ Cut squash in half lengthwise and remove seeds. Place the squash halves, cut side up, on a baking pan. Cover with foil and bake until tender when pierced with a fork, 20 to 30 minutes.
- ☞ Uncover and let sit until cool enough to handle. Use a spoon to scoop out the cooked squash from the peel. Mash with a fork. Measure out 1 cup of the squash and refrigerate any remaining in an airtight container for future use.
- ☞ Turn Oven down to 325°
- ☞ In a small bowl, combine whole-wheat flour, ground allspice, ground cinnamon, nutmeg, baking powder, salt, baking soda pepper and set aside.
- ☞ With a mixer, cream together butter and brown sugar in a large bowl until smooth and a bit fluffy. Add eggs one at a time, beating for 30 seconds after each addition.
- ☞ Mix in vanilla.
- ☞ Add half of the flour mixture to the butter mixture and stir to combine. Stir in the cup of mashed squash. Add remaining flour mixture and stir just enough to combine.
- ☞ Pour batter into prepared baking pan and bake until a toothpick inserted in the center comes out clean, 50 to 60 min.

Nutrients (approximately)

403 Calories per serving,
Fat 12.1g, Saturated Fat 7.4g, Cholesterol 30.5mg, Sodium 15.5mg,
Carbohydrates 68.5g, Fiber 4.2g, Sugars 41.5g, Protein 5g

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