

from Mula sa Pusong: Heart Healthy Traditional Filipino Recipes by American Heart Association, Western States Affiliate, San Francisco Division

CAKE:

Vegetable oil spray*

3 1/2 cups Sweet rice flour

1 tbsp. Baking Powder

1 cup Granulated sugar

3 1/2 tbsps. Olive oil

1 tbsp. Vanilla

Egg substitute to equal 3 whole eggs

3 1/2 cups 1% or skim milk

TOPPING:

3 tbsps. Grated low-fat cheese

1 1/2 tbsps. Granulated white sugar

2 tbsps. Shredded coconut or frozen grated coconut

Preheat oven to 325 degrees. Coat two 9-inch baking pans with vegetable oil spray. Sift rice flour, baking powder and sugar into a large bowl. Stir in oil, vanilla, egg substitute and milk until just moistened.

With an electric beater at medium speed, beat until batter is smooth. Divide evenly between pans.

Bake 20 to 25 minutes or until cake is springy when gently pressed in the center, or a toothpick inserted into the center of the cake comes out clean.

Meanwhile, blend topping ingredients together. Sprinkle one-half of toppings on one layer. Stack second layer on top and sprinkle with rest of topping.

*Do not use vegetable oil spray near an open flame or heat source. Read and follow directions on can before using.

Serves 8

Single Serving Nutrient Values

Calories 421.8 kc

% calories from fat 19

Protein 11.68 gm

Carbohydrate 73.66 gm

Cholesterol 6.003 mg

Sodium 267.0 mg

Total Fat 9.092 gm

Saturated 2.266 gm
Polyunsaturated 0.960 gm
Monounsaturated 5.042 gm

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