



## Super Moist Chocolate Cake with Chocolate-Cinnamon Mousse

### Ingredients for chocolate cake

Canola oil cooking spray  
3 medium zucchini, finely grated  
(about 3 cups)  
1 package (18.25-ounce) chocolate fudge  
cake mix  
1 ½ cups organic applesauce  
5 large egg whites  
¾ cup fat-free plain yogurt

### Ingredients for chocolate-cinnamon mousse

1 cup fat-free milk  
1 block (12.25-ounce) soft silken tofu  
1 box (3.9-ounce) instant chocolate fudge  
pudding mix  
1 Tbsp. ground cinnamon  
Whole fresh strawberries (optional)  
Powdered sugar (optional)

For chocolate cake, preheat oven to 350 degrees. Lightly coat only the bottom of a 13x9-inch pan with cooking spray.

In a large mixing bowl, combine zucchini, cake mix, applesauce, egg whites, and yogurt. Beat on low speed of an electric mixer for two minutes, scraping the side of the bowl often. Pour into prepared pan. Bake in preheated oven for 45 to 50 minutes or until toothpick inserted into center of cake comes out clean. Cool cake in pan on a wire rack.

For chocolate-cinnamon mousse, place milk in a blender; add tofu. Cover and blend on high until smooth. In a small mixing bowl, combine milk mixture, pudding mix, and cinnamon. Beat on low speed of an electric mixer for two minutes. Cover and refrigerate until ready to use.

To serve, cut chocolate cake into individual servings. Spoon some of the chocolate-cinnamon mousse over each serving. Garnish with strawberries (optional). Dust with powdered sugar (optional).

Per serving: 276 calories, 4 g total fat (1 g saturated fat), 1 mg cholesterol, 508 mg sodium, 55 g carbohydrates, 2 g fiber, 7 g protein.