



Uploaded to the VFC Website

▶▶ June 2014 ◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794*

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Chocolate Bundt Cake

- 1/2 Cup nuts, hazelnuts, chopped
- 1 1/2 Cups flour, all-purpose
- 1 Cup sugar, granulated
- 3/4 Cup cocoa powder, unsweetened
- 1/3 Cup flax seeds, ground
- 1 1/2 Tsp baking soda
- 1 Tsp salt
- 1 1/4 Cups buttermilk
- 1 Cup sugar, brown, light
- 2 Large eggs, lightly beaten
- 1/4 Cup oil, canola
- 1 Tsp vanilla extract
- 1/2 Cup water, hot
- 1/2 Cup chocolate, bitter or semisweet, chopped
- 1/2 Cup prunes, pureed, pie filling, or Sunsweet Lighter Bake

- 1) Preheat oven to 350°F. Coat a 12-cup Bundt pan with cooking spray and dust with flour (or use cooking spray with flour).
- 2) Spread nuts in a small baking pan and bake until golden and fragrant, 5 to 7 minutes. Transfer to a plate to cool.
- 3) Whisk flour, granulated sugar, cocoa, ground flaxseeds, baking powder, baking soda and salt in a large mixing bowl. Add buttermilk, brown sugar, eggs, oil and vanilla; beat with an electric mixer on medium speed until smooth.
- 4) Mix hot water and prune puree (or pie filling or Lighter Bake) in a measuring cup; add to the batter and whisk until incorporated. Fold in chocolate and the nuts with a rubber spatula. Scrape the batter into the prepared pan, spreading evenly.
- 5) Bake the cake until the top springs back when touched lightly and a tester inserted in the center comes out clean, 45 to 55 minutes. Cool in the pan on a wire rack for 10 minutes. Turn out onto the rack to cool completely. Dust with confectioners' sugar.

Makes 16 Servings

