

Eat  Smart!

Autumn Angel Cake

Ingredients:

- 1 cup canned pumpkin
- 1 tsp vanilla extract
- 1 1/2 tsp pumpkin pie spice
- 1 pkg (16 oz) 1-step angel food cake mix

Directions:

1. In a large bowl, combine the pumpkin, vanilla and spice. Prepare cake mix according to directions on package.
2. Fold a fourth of the batter into the pumpkin mixture. Gently fold in the remaining batter.
3. Gently spoon into an ungreased 10-inch tube pan. Cut through batter with a knife to remove air pockets.
4. Bake on the lowest oven rack at 350° F for 38 - 44 minutes or until top is golden brown and cake springs back when lightly touched.
5. Immediately invert pan onto a wire rack; cool completely - about 1 hour. Run a knife around sides of cake and remove to a serving plate. Garnish each slice with non-dairy whipped topping sprinkled with ground cinnamon as a garnish. Serves 14.



Nutrition Facts

14 servings per container

Serving size

Amount Per Serving

Calories **140**

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

-Walnut Creek Extension Dist., Food & Nutrition, Oct. 2010

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