

Easter Chocolate Yoghurt Cake (serves 12)

Ingredients

Cake

1 1/2 cups self-raising flour

1/2 cup cocoa

1 cup brown sugar

1/4 cup raspberry jam (modification: replace with frozen raspberries)

1/2 cup natural yoghurt (modification: replace with low fat natural plain yoghurt)

3 eggs

200g melted butter (modification: use reduced fat margarine)

Topping

50g dark chocolate

40g butter (modification: use reduced fat margarine)

Easter eggs for decoration (modification: use 1 cup of strawberries or some mixed berries)

Method

1. Preheat oven to 160°C. Grease and line a 20cm round cake pan. Combine 1 1/2 cups self-raising flour, 1/2 cup cocoa and 1 cup brown sugar. Stir in 1/4 cup raspberry jam, 1/2 cup natural yoghurt, 3 eggs and 200g melted butter.
2. Pour the mixture into the pan and smooth the surface. Bake for around 55 minutes or until a knife comes out clean when inserted. Set aside to cool in the pan before transferring to a wire rack to cool completely.
3. Melt 50g dark chocolate and 40g butter in a saucepan until smooth. Set aside to thicken slightly. Pour the icing over the cake and leave to set. Decorate with strawberries or mixed berries

Modifications

- Swapping the butter and yoghurt to reduced fat versions reduces the saturated fat by over 70%, and total fat by 40%.
- Swapping the raspberry jam to frozen raspberries and swapping the Easter eggs for berries for decoration reduces the sugar content.
- These modifications combined have reduced the overall energy content of the cake by 30%.

Nutrient analysis per serve (after modification):

Energy: 1089.5kJ (260cal), total fat 13.4g, saturated fat 3.5g, protein 7.8g, carbohydrate 35.1g, fibre 2.2g, sodium 276.6mg

*Data from Calorie King Australia used for nutrient analysis

Recipe adapted from Taste, from Fresh Living