



Choco-Chip Coffee Cake



1 piece (1/9th of recipe): 146 calories, 3.5g total fat (1.5g sat. fat), 238mg sodium, 25.5g carbs, 3g fiber, 7.5g sugars, 4.5g protein

Prep: 20 minutes **Cook:** 30 minutes

Cool: 30 minutes

More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

Crumb Topping

- 1/4 cup [Fiber One Original bran cereal](#)
- 3 tbsp. old-fashioned oats
- 3 tbsp. brown sugar (not packed)
- 2 tbsp. Splenda No Calorie Sweetener (granulated), or an *HG Natural Alternative Below*
- 1/2 tsp. cinnamon
- 2 tbsp. [light whipped butter or light buttery spread](#) (like Brummel & Brown)

Cake

- 1 cup whole-wheat flour
- 1/2 cup Splenda No Calorie Sweetener (granulated), or an *HG Natural Alternative below*
- 1/4 cup all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. cinnamon
- 1/4 tsp. salt
- 1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
- 1/2 cup club soda
- 1/3 cup low-fat buttermilk
- 1/4 cup no-sugar-added applesauce
- 1 tsp. vanilla extract
- 1/4 cup mini semi-sweet chocolate chips

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

To make the crumb topping, place cereal in a sealable plastic bag. Seal bag, and finely crush cereal with a meat mallet or other heavy utensil. Transfer crumbs to a medium bowl. Add all other topping ingredients to the bowl *except* butter, and mix well. Add butter, and mash and stir until uniform.

In a large bowl, combine whole-wheat flour, sweetener, all-purpose flour, baking powder, baking soda, cinnamon, and salt. Whisk thoroughly.

In a medium-large bowl, combine egg substitute, club soda, buttermilk, applesauce, and vanilla extract. Whisk until uniform. Add mixture to the large bowl, and whisk until uniform. Fold in chocolate chips.

Pour cake batter into the baking pan. Sprinkle evenly with crumb topping. Bake until a toothpick inserted into the center comes out clean, 26 - 30 minutes.

Let cool for 30 minutes. Slice into squares, and eat!

MAKES 9 SERVINGS

HG Natural Alternative : If you prefer a natural no-calorie sweetener, use [spoonable calorie-free](#)

[Truvia](#) in place of the Splenda. But since Truvia is about twice as sweet, halve the amount called for in the Ingredients list.

Another HG Natural Alternative : If made with an equal amount of white granulated sugar in place of the Splenda, each serving will have 192 calories, 38g carbs, and 21.5g sugars (**Freestyle™ SmartPoints® value 8*; SmartPoints® value 8***).

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Publish Date: April 8, 2014

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