


# Chocolate Bundt Cake with a Secret

Source: [EatingWell Magazine](#) as served at *EnviroFair 2011*



**Rating:**  Easy to make into muffins

**Active Time:** 30 Minutes

**Total Time:** 3 Hours 30 Minutes

**Yield:** 16 servings

You don't have to have pumpkin pie to still enjoy pumpkin and spice in a Thanksgiving dessert. This tender, moist cake uses pureed pumpkin to replace much of the fat and is delicately seasoned with classic Thanksgiving flavors. You will *never* know there is pumpkin in it. Very moist!

Make Ahead Tip: Prepare through Step 4 up to 1 day ahead. Glaze and garnish (Step 5) shortly before serving. Equipment: 12-cup Bundt pan [or muffin pans]

## RECIPE INGREDIENTS

For Cake:

- 1 cup all-purpose [flour](#)
- 3/4 cup whole-wheat [pastry flour](#) [*regular whole wheat to heavy for this cake*]
- 1 cup granulated [sugar](#)
- 3/4 cup unsweetened [cocoa powder](#) (not Dutch-process)
- 1 1/2 teaspoons [baking powder](#)
- 1 1/2 teaspoons [baking soda](#)
- 1 teaspoon [pumpkin pie spice](#)
- 1/4 teaspoon [salt](#)
- 1 cup nonfat [buttermilk](#)
- 1 15-ounce can unsweetened pumpkin puree
- 3/4 cup dark brown [sugar](#) packed
- 1 large [egg](#) at room temperature
- 1 large [egg white](#) at room temperature
- 1/4 cup [canola oil](#)
- 1/4 cup light [corn syrup](#)
- 1 tablespoon [vanilla extract](#)

For Glaze & Garnish:

- 1/2 cup packed confectioners' [sugar](#)
- 1 tablespoon nonfat [buttermilk](#)
- 2 tablespoons mini chocolate chips or toasted chopped [nuts](#) (see Tip)

Tip: To warm an egg to room temperature, either set it out on the counter for 15 minutes or submerge it (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.

To toast chopped nuts & seeds: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

## **DIRECTIONS**

To prepare cake: Preheat oven to 350°F. Coat a 12-cup Bundt pan with cooking spray.

*[cupcakes work too-adjust to less baking time]*

Whisk all-purpose flour, whole-wheat flour, granulated sugar, cocoa, baking powder, baking soda, pumpkin pie spice and salt in a medium bowl.

Blend 1 cup buttermilk, pumpkin puree and brown sugar in a large bowl with an electric mixer on low speed. Beat in whole egg and egg white. Stir in oil, corn syrup and vanilla. Gradually add the dry ingredients, stirring until just combined. Transfer the batter to the prepared pan.

Bake the cake until a wooden skewer inserted in the center comes out with only a few moist crumbs attached, 1 to 1 1/4 hours. Let cool on a wire rack for 15 minutes. Remove from the pan and let cool completely on the rack, about 2 hours.

To glaze & garnish cake: Combine confectioners' sugar and 1 tablespoon buttermilk in a small bowl, stirring until completely smooth. Place the cake on a serving plate and drizzle the glaze over the top; garnish with chocolate chips (or chopped nuts) while the glaze is still moist. *Often serve with little or no glaze*

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