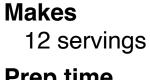
## **CHamoru-style Cake with Coconut Flour**

# **Nutrition Facts**

12 servings per containerServing size1 Slice (67g)	
Amount per serving Calories	130
0	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 30mg	1%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes 13g Added Suga	ars <b>26%</b>
Protein 4g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 3mg	15%
Potassium 172mg	4%
*The % Daily Value tells you how much	n a nutrient in a

\*The % Daily Value 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.



### Prep time

50 minutes

#### **Benefits:**

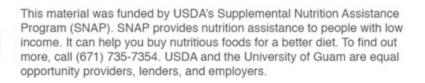
Low fat High in fiber High in iron Ingredients: <sup>3</sup>/<sub>4</sub> cup coconut flour <sup>3</sup>/<sub>4</sub> cup all-purpose flour <sup>1</sup>/<sub>3</sub>/<sub>4</sub> tsp. baking powder <sup>1</sup>/<sub>2</sub> cup margarine (Smart Balance/64% oil) <sup>3</sup>/<sub>4</sub> cup granulated sugar <sup>2</sup> eggs <sup>2</sup> tsp. vanilla extract <sup>1</sup>/<sub>2</sub> cup 2% milk <sup>1</sup>/<sub>4</sub>-<sup>1</sup>/<sub>2</sub> cup water (add more if needed)



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## **Directions:**

- 1. Preheat oven to 350 degrees F.
- 2. Grease and flour a 9x9-inch pan or muffin pan.
- 3. In a medium bowl, cream together sugar and margarine. Beat in eggs, one at a time, then stir in the vanilla.
- 4. In another bowl mix all dry ingredients together, then slowly add to wet ingredients.
- 5. Mix well with an electric mixture, then pour into the prepared pan.
- 6. Bake in the preheated oven for 30 minutes (or 20 to 25 minutes for cupcakes). Cake is done when it springs back to touch or when a toothpick comes out clean.