



Bittersweet Chocolate Loaf Cake

Recipe courtesy of Sunsweet

Serves 12

Note: Some studies show that eating prunes daily may slow post-menopausal bone loss. Prunes contain polyphenols, which promote bone health by reducing bone mineral loss.

Butter for greasing the pan

For the prune purée:

1 1/3 cups (about 8 ounces) Sunsweet® Amaz!n™ Pitted Prunes
6 tablespoons hot water

For the cake:

1 1/2 cups whole wheat pastry flour
1/2 cup unsweetened Dutch processed cocoa powder
3/4 cup sugar
1/2 teaspoon baking soda
1/2 teaspoon instant espresso powder
1/2 teaspoon salt
1/4 cup prune purée
1/3 cup vegetable oil
1 tablespoon red wine vinegar
1 tablespoon vanilla extract
1 cup cold water

Heat oven to 350°F. Lightly butter an 8- x 4-inch loaf pan.

Prune puree:

In a food processor, process the prunes and hot water until puréed. Set aside 1/4 cup for the cake and store the remainder in an airtight container in the refrigerator.

Cake:

In a bowl, whisk together the flour, cocoa, sugar, baking soda, espresso powder, and salt.

In a separate bowl, whisk together the reserved 1/4 cup prune purée, the oil, vinegar, and vanilla. Mix the wet ingredients into the flour until a crumbly batter forms. Pour the cold water over the top and stir completely to combine. Pour the batter into the prepared pan and bake until a cake tester inserted into the center of the loaf comes out clean, 35 to 45 minutes. Cool in the pan for 10 minutes. Turn the loaf out onto a wire rack and cool completely.