

# Jenny's Sweet Potato Chocolate Cake

I've been asked for this recipe more than anything else I make. It's a moist, rich-tasting chocolate cake and no one would ever guess what's in it... and what's not... (almost NO butter!) Sweet potato is full of anti-aging compounds and contributes to glowing skin. And because it's naturally sweet, I use less sugar. Frosting the cake right in the pan means less dishes and easy storage. I promise you, everyone will love this healthy cake!

1 1/4 cup all-purpose flour  
1/4 cup unsweetened cocoa  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/8 teaspoon salt

1/2 cup low fat buttermilk  
1/2 teaspoon vanilla  
2/3 cup cooked, mashed **cooled** sweet potato (one medium size)

1/2 cup canola oil (preferably organic, expeller-pressed)  
1/2 cup sugar  
2 eggs

1. Preheat oven to 350°. Grease a 9-inch round cake pan.
2. Sift dry ingredients onto wax paper or into a bowl. Set aside.
3. In a small bowl combine buttermilk, vanilla, & sweet potato.
4. In a large bowl with an electric mixer on medium-high, beat the oil and sugar. Add eggs and continue beating for 5 minutes.
5. With mixer on lowest speed add sweet potato mixture followed by flour mixture.
6. Spread into pan and bake for 25 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on wire rack. Frost with recipe below.

## **Frosting:**

2 Tablespoons butter, softened  
2 Tablespoons reduced fat sour cream  
1 1/2 cups confectioner's sugar  
1 1/2 Tablespoons unsweetened cocoa  
1/4 teaspoon vanilla  
about 1 Tablespoon milk or sour cream to soften

1. In a bowl with an electric hand mixer beat butter & sour cream.
2. Add confectioner's sugar, cocoa and vanilla.
3. Adjust consistency with sour cream or milk, beating well.