

**Dessert**

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# **Black Forest Cake**

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**Servings: 24**

**Preparation Time: 40 minutes**

**Bake Time: 35 minutes**

**2 cups cherry juice blend**  
**1 3/4 cups sugar**  
**1/2 cup unsweetened applesauce**  
**1/4 cup canola oil**  
**2 eggs**  
**2 tablespoons cider vinegar**  
**3 teaspoons vanilla extract**  
**3 cups all-purpose flour**  
**1/3 cup baking cocoa**  
**2 teaspoons baking soda**  
**1 teaspoon salt**  
**1 1/2 cups cold fat-free milk**  
**1 package (1.4 oz) sugar-free instant chocolate pudding mix**  
**1 can (20 oz) reduced-sugar cherry pie filling**  
**1 1/2 cups frozen fat-free whipped topping, thawed**

Preheat oven to 350 degrees.

In a large bowl, beat the cherry juice, sugar, applesauce, oil, eggs, vinegar and vanilla until well blended.

In a large bowl, combine the flour, cocoa, baking soda and salt. Gradually beat into the cherry juice mixture until blended.

Pour into a 13x9-inch baking pan coated with cooking spray.

Bake for 35 to 40 minutes or until a toothpick inserted in the center comes out clean.

Cool completely on a wire rack.

In a bowl, whisk the milk and pudding mix for 2 minutes.

Let stand for 2 minutes or until soft-set.

Frost the top of the cake with pudding.

Cover and refrigerate for 15 minutes.

Top with the pie filling.

Chill until serving.

Serve with whipped topping.

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Per Serving (excluding unknown items): 143 Calories; 3g Fat (17.8% calories from fat); 2g Protein; 27g Carbohydrate; trace Dietary Fiber; 18mg Cholesterol; 200mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates.