

Whole Wheat Dark Chocolate Cake with Blackberry Sauce

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Servings: 8

Preparation Time: 35 minutes

Bake Time: 45 minutes

4 ounces high-quality dark chocolate, chopped

6 tablespoons unsalted butter, cut up

3/4 cup strong brewed coffee

2 tablespoons bourbon (optional)

1 egg, lightly beaten

1/2 teaspoon vanilla

1 cup whole wheat pastry flour

1 cup sugar

1/2 teaspoon baking soda

1/8 teaspoon salt

Premium vanilla frozen yogurt

fresh blackberries

dark chocolate shavings

CHOCOLATE GLAZE

1 cup frozen light whipped dessert topping, thawed

1/2 cup dark chocolate pieces or finely chopped dark chocolate

BLACKBERRY SAUCE

1/2 cup Premium vanilla frozen yogurt

1 2/3 cups (9 oz) fresh blackberries

CHOCOLATE GLAZE: In a microwave-safe bowl, combine the dessert topping and dark chocolate pieces. Micro-cook on 50 percent power (medium) for 1 minute. Stir until smooth. Let stand for 5 minutes.

BLACKBERRY SAUCE: In a blender or food processor, combine the frozen yogurt and blackberries. Cover and blend or process until smooth.

Preheat oven to 325 degrees.

Grease the bottom of a 9x5x3-inch loaf pan. Line the bottom with parchment paper. Grease and flour parchment paper; set aside.

In a medium saucepan, heat the chocolate with the butter and coffee over medium-low heat, stirring occasionally until chocolate is melted. Remove from heat and cool for 10 minutes. Using a wooden spoon, beat in the bourbon (if using), egg and vanilla. Add the flour, sugar, soda and salt; mix well. Pour the batter into the prepared pan.

Bake for 45 to 50 minutes or until a wooden toothpick inserted near the center comes out clean. Cool the cake in the pan on a wire rack for 10 minutes. Remove from the pan. Remove parchment paper. Cool thoroughly on a wire rack.

Cut the loaf into eight slices. Drizzle the slices with Chocolate Glaze. Top with a scoop of vanilla yogurt. Place some of the Blackberry Sauce on top of the yogurt.

Garnish with blackberries and chocolate shavings.

Per Serving (excluding unknown items): 238 Calories; 9g Fat (35.4% calories from fat); 2g Protein; 37g Carbohydrate; 2g Dietary Fiber; 50mg Cholesterol; 121mg Sodium. Exchanges: 0 Lean Meat; 2 Fat; 1 1/2 Other Carbohydrates.