

Clay & Bronze Sculptural · Functional Lighting Designs Fountains

Fudgy Brownie Pudding Cake

MAKES 9 SERVINGS

The ultimate dessert for a chocoholic, this chewy, gooey creation hearkens back to the "impossible" cakes of the seventies (remember that cake with the fudgy tunnel in the center?) This cake magically reverses itself as it bakes - forming a wonderfully sugar - crusted brownie - like topping over a soft pudding base.

- 3/4 cup all-purpose flour
- 3/4 cup sugar
- 1/3 cup + 4 tablespoons unsweetened cocoa powder
- 1 teaspoon instant espresso powder or instant coffee powder
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup low-fat (1%) milk
- 1 tablespoon unsalted butter, melted
- 1-1/2 teaspoons vanilla extract
- 1/3 cup packed light brown sugar
- 1-2/3 cup boiling water

Directions:

- 1. Place the oven rack in the center of the oven. Spray a 9-inch baking pan with nonstick spray.
- 2. Stir together the flour, sugar, 1/3 cup of the cocoa, the espresso powder, baking powder, baking soda, and salt in a large bowl. Make a well in the center and pour in the milk, butter and vanilla. Stir together until just blended and spoon evenly into the pan, spreading level.
- 3. Stir together the brown sugar and the remaining 4 tablespoons cocoa in a small bowl. Sprinkle evenly over the batter. Gently pour the boiling water over the top; do not stir. Put the baking pan in the cold oven and set it to 350°F. Start timing once the oven reaches temperature. Bake until the top of the pudding is set, about 32 minutes. Cool in the pan on a rack for at least 30 minutes. Serve warm or at room temperature.

{Per serving (1/9 of cake): 165 Cal, 2 g Fat, 1 g Sat Fat, 4 mg Chol, 220 mg Sod, 37 g Carb, 2g Fib, 3g Prot, 94mg CaIc. POINTS: 3.}

This recipe was given to us by Rae Tobey. She found it in: Weight Watchers Greatest Hits / 250 Classic Recipes from the Sixties to Today, 40th Anniversary Collector's Edition.