

# Olive Oil Cornmeal Cake

Serves 10



## Ingredients:

- $\frac{3}{4}$  cup whole wheat flour
- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{4}$  cup yellow cornmeal
- $\frac{1}{2}$  cup sugar
- 1  $\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- Zest of 1 large orange (reserve orange for topping)
- $\frac{2}{3}$  cup olive oil
- $\frac{1}{2}$  cup low-fat milk (dairy or non-dairy)
- 1 teaspoon vanilla extract
- 3 eggs
- 1 cup plain, low-fat, Greek yogurt
- $\frac{1}{2}$  cup sliced almonds, toasted
- 1 Tablespoon honey



## Instructions:

1. Preheat oven to 350°F. Spray a 9-inch cake pan with cooking spray or lightly brush with olive oil.
2. In a medium bowl, whisk together the flours, cornmeal, sugar, baking powder, and salt.
3. In a separate bowl or large spouted liquid measuring cup, whisk together the orange zest, oil, milk, vanilla extract, and eggs.
4. Pour the liquid ingredients into the dry ingredients and gently fold together into a smooth batter.
5. Scrape the batter into the cakepan and bake for 30 minutes, until the sides begin to brown and pull away from the pan and the cake springs back when tapped in the middle.
6. Let the cake rest for 5 minutes before flipping it out of the pan onto a cooling rack. Cool for another 10 minutes before slicing, or cool completely and wrap to store for up to 5 days.
7. While the cake bakes and cools, slice the orange into segments or rounds for topping.
8. Slice the cake into 10 servings and top each with a few slices of orange, 2 tablespoons of yogurt, 1 tablespoon of almonds, and a drizzle of honey to serve.

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<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 × 10 Serving</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>329.7</b>	
		<b>% Daily Value*</b>
<b>Total Fat</b>	19.9 g	26 %
Saturated Fat	3.1 g	15 %
Trans Fat	0 g	
<b>Cholesterol</b>	58.1 mg	19 %
<b>Sodium</b>	227.8 mg	10 %
<b>Total Carbohydrate</b>	30.4 g	11 %
Dietary Fiber	2.6 g	9 %
Total Sugars	15.5 g	
Added Sugars	11.7 g	23 %
<b>Protein</b>	8.6 g	
Vitamin D	1.1 mcg	5 %
Calcium	115.8 mg	9 %
Iron	1.1 mg	6 %
Potassium	150.2 mg	3 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
<a href="https://www.cronometer.com">Full Info at cronometer.com</a>		</>