### **Cheyenne River Cooking for Health**

# **Coffee Cake**

Makes 16 pieces

#### Cake

- 2 cups Master Mix
- 1/2 cup sugar
- 1 egg
- <sup>2</sup>∕₃ cup water or low-fat milk
- 1. Combine Master Mix and sugar. Mix egg and water and stir into dry ingredients just until blended.
- Coat an 8x8-inch baking pan with non-stick spray. Spread batter and sprinkle with topping.
- 3. Bake at 375°F for 20 minutes.



#### Topping

- ¼ cup brown (or white) sugar
- 2 Tablespoons Master Mix
- 1 teaspoon cinnamon
- 2 Tablespoons soft-tub margarine
- 1. Combine dry ingredients and cut in margarine.
- 2. Sprinkle over batter before baking.

#### Variations:

**Apple or Pear Coffee Cake-** Instead of topping, arrange apple or pear slices on cake batter in a pretty design. Sprinkle with a mixture of 2 Tablespoons sugar and 1 teaspoon cinnamon.

## **Nutrition Facts**

Serving Size 1 piece (37.67g) Servings Per Container 16

Amount Per Serving	
	Colorian from Eat 20

Calories 110	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate	17g <b>6%</b>
Dietary Fiber 1g	4%
Sugars 8g	
Protein 3g	6%
*Percent Daily Values are ba	used on a 2 000 calorie diet