| Ingredients | 24 Servings |  | 48 Servings |  | Directions |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Weight | Measure | Weight | Measure |  |
| Flour, whole wheat Sugar, granulated Cinnamon, ground | $\begin{gathered} 10.5 \mathrm{oz} \\ 7 \mathrm{oz} \end{gathered}$ | $\begin{aligned} & 21 / 2 \text { cups } \\ & 1 \text { cup } \\ & 2 \text { tsp } \end{aligned}$ | $\begin{aligned} & 15.8 \mathrm{oz} \\ & 10.7 \mathrm{oz} \end{aligned}$ | $\begin{aligned} & 33 / 4 \text { cups } \\ & 11 / 2 \text { cups } \\ & 1 \text { Tbsp } \end{aligned}$ | 1. Preheat conventional oven to $350^{\circ} \mathrm{F}$; convection oven to $325^{\circ} \mathrm{F}$. <br> 2. Line pan(s) with parchment paper or grease and flour pan bottom. For 24 servings, use one $10 \times$ $15 "$ pan; for 48 servings, use one $13 \times 18 \times 1$ " half sheet pan. <br> 3. In a large mixing bowl, mix flour, sugar, and cinnamon well with beater or whisk attachment. |
| Cocoa, unsweetened** Water <br> Oil, vegetable <br> Buttermilk, lowfat <br> Baking soda <br> Salt <br> Eggs, whole, large Vanilla extract | 8 oz 2.6 oz 8 oz $3.5 \text { oz }$ | $1 / 4$ cup <br> 1 cup $1 / 3$ cup 1 cup $11 / 4$ tsp $1 / 8$ tsp 2 each 1 tsp | $\begin{gathered} 1.25 \mathrm{oz} \\ 12 \mathrm{oz} \\ 4 \mathrm{oz} \\ 13 \mathrm{oz} \\ \\ 5.3 \mathrm{oz} \end{gathered}$ | $3 / 8$ cup $11 / 2$ cups $1 / 2$ cup $11 / 2$ cups 2 tsp $1 / 4$ tsp 3 each 2 tsp | 4. Combine cocoa, water, and vegetable oil in a microwave safe bowl. Place in the microwave and bring to a boil. <br> 5. Pour hot cocoa mixture into flour mixture and blend on medium speed for 1 minute. <br> 6. Dissolve baking soda in buttermilk and stir into chocolate mixture. <br> 7. Add eggs and vanilla and beat on low speed an additional 2 minutes or until well combined. <br> 8. Pour batter (it will be thin) into the prepared sheet pan. Place pan on center rack of oven and bake 20-22 minutes or until toothpick inserted in center comes out clean. <br> 9. Cool cake on wire cooling rack. |
| Dark Chocolate Drizzle Ingredients: <br> Cocoa, unsweetened** <br> Butter <br> Milk, 1\% <br> Sugar, powdered | 3.25 oz | 2 Tbsp <br> 2 Tbsp <br> 2 Tbsp <br> $3 / 4$ cup | $\begin{gathered} 1 \mathrm{oz} \\ 1 \mathrm{oz} \\ 3.25 \mathrm{oz} \end{gathered}$ | 2 Tbsp <br> 2 Tbsp <br> 2 Tbsp <br> $3 / 4$ cup | 10. While cake is baking, combine cocoa, butter, and milk in a microwave safe bowl and heat in microwave until mixture begins to boil. <br> 11. Combine powdered sugar with hot cocoa mixture until very smooth. If icing is too thick to drizzle, thin slightly with milk or water. <br> 12. When cake is out of oven but still warm, drizzle cake with icing. <br> 13. Cut $10 \times 15$ " pan into 24 pieces $(4 \times 6)$ or $13 \times 18$ " pan in to 48 pieces ( $4 \times 12$ ) |

*Substitute option for buttermilk: Whisk 1 cup +3 Tbsp of lowfat ( $1 \%$ ) milk with 1 Tbsp white vinegar. Let stand 5 minutes.
${ }^{* *}$ Natural baking cocoa was used in recipe testing. Dutch-process (alkaline-treated) baking cocoa will produce a darker, deeper flavored result.

## Buttermilk Chocolate Sheet Cake, cont.

Serving Size - 1 piece ( $1.5 \mathrm{oz} / 42$ grams) Credits as 0.5 oz eq Grains in the School Nutrition Programs Provides 9 grams whole grain per serving

## Nutrition Facts <br> Serving Size (42g)

Servings Per Container

## Amount Per Serving

Calories $100 \quad$ Calories from Fat 25

|  | \% Daily Value |
| :---: | ---: |
| Total Fat 3 g | $\mathbf{5 \%}$ |
| Saturated Fat 0.5 g | $\mathbf{3 \%}$ |

Trans Fat Og

| Cholesterol 15 mg | $5 \%$ |
| :--- | :--- |


| Sodium 75 mg | $3 \%$ |
| :--- | :--- |
| Total Carbohydrate 17 g | $\mathbf{6 \%}$ |

Dietary Fiber 1g 4\%

## Sugars 9

| Vitamin A 0\% - Vitamin C 0\% |  |  |  |
| :---: | :---: | :---: | :---: |
| Calcium 2\% - Iron 2\% |  |  |  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |  |  |
|  | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80 g |
| Saturated Fat | Less than | 20 g | 25 g |
| Cholesterol | Less than | 300mg | 300 mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |  | 300 g | 375 g |
| Dietary Fiber |  | 25 g | 30 g |
| Calories per gram: |  |  |  |

## Ingredients by weight:

Whole wheat flour, buttermilk (1\%), water, granulated sugar, eggs, vegetable oil, powdered sugar, milk (1\%), cocoa, butter, vanilla, baking soda, cinnamon, salt

Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research
Recipe Source: Kansas Wheat Commission (www.kswheat.com) and Stafford County Flour Milling Company (www.hudsoncream.com), Whole Wheat Chocolate Sheet Cake

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association


[^0]
[^0]:    A Baker's Dozen Smart Snack Baking Recipes - Child Nutrition \& Wellness, Kansas State Department of Education - Page 10

