

zucchini chocolate cake that is vegan, cholesterol-free, higher in fiber, and lower in sugar than most.

Preheat the oven to 350 degrees and spray a 9 x 13 pan or 24 cupcake cups (or use papers as I did).

Whisk together in 3-quart bowl:

4 cups flour

1 cup sugar

1 cup Splenda

1/2 cup cocoa

2 teaspoons baking soda

1 teaspoon salt

Make 3 holes in the dry ingredients for:

2 Tablespoons cider vinegar

2 teaspoons vanilla

3/4 cup canola oil

Pour over all and stir by hand:

1 1/3 cups water

2 cups shredded zucchini (fresh, or frozen and thawed with its liquid)

Bake at 350 degrees for about 40 minutes for the 9 x 13 pan or about 20 minutes for the cupcakes. Test with a toothpick.

For **Whoopie Pies** add 1/4 cup ground flaxseed and NO water. Bake on 4 sprayed cooky sheets, 12 to a sheet, for 15 minutes.

Frosting I used a Betty Crocker reduced sugar chocolate frosting this time.

I've made a nice vegan peanut butter frosting by beating 3 cups of confectioner's sugar, 3/4 teaspoon of salt, and 1/4 cup creamy peanut butter, then beating in 3 tablespoons of hot water and 1
teaspoon vanilla