

# An Indulgence You Can Afford

BAKE HEALTHIER GOODIES WITH A FEW SMART SWOPS.

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We understand how hard it is to deny that sweet tooth. So stop fighting those cravings and start making your own treats! As it turns out, with a few clever tweaks, you can bake a less evil cake without compromising on its taste. *Shape's* advisory board dietitian, Jaclyn Reutens, and Chef Pang Kok Keong of Sugar Daddy Group, show you how.

## SWOP SUGAR FOR MALTITOL

Maltitol is a form of alcohol that is often used as a substitute for sugar. It has 75 to 90 per cent the sweetness and almost half the calories of sugar. With a lower glycemic index of 37 (as compared to 58 to 65 for sugar), it is absorbed into the bloodstream slower, so you won't get the sharp spike and drop in blood glucose levels that get you all jumpy and then lethargic.

*Maltitol* (100g) 209.9kcal, 0g fat  
*Sugar* (100g) 387kcal, 0g fat

## SWOP BUTTER FOR SUNFLOWER OIL

Sunflower oil may contain more calories and fat than butter, but here's why you should use it for the batter: It contains much higher levels of vitamin E, making it an antioxidant-rich substitute,

and significantly more heart-friendly polyunsaturated fat as compared to butter. It is also free of artery-clogging cholesterol. Butter has mostly saturated fat, which has been linked to breast cancer, heart disease, stroke, and other health conditions.

*Sunflower oil* (100g) 884kcal, 100g fat, 41.1mg vitamin E, 0mg cholesterol, 65.7g polyunsaturated fat, 10.3g saturated fat  
*Unsalted butter* (100g) 717kcal, 81g fat, 2.32mg vitamin E, 215mg cholesterol, 3g polyunsaturated fat, 51.4g saturated fat

## SWOP SOUR CREAM FOR LOW-FAT YOGURT

Both products contain bacteria cultures which give them the thick and smooth consistency desired for

cakes and other pastries. But gram for gram, sour cream – even in its low-fat form – contains more than thrice the calories and twelve times the fat in low-fat yogurt!

*Sour cream* (100g) 209.5kcal, 19.7g fat, 110mg calcium  
*Low-fat yogurt* (100g) 63kcal, 1.55g fat, 183mg calcium

## SWOP WHOLE MILK FOR LOW-FAT MILK

While fat helps bind ingredients together and gives your bake that moist, smooth texture, you don't necessarily have to use whole milk. Replace it with low-fat milk as the latter

contains 30 per cent less calories and 70 per cent less fat. It gives you slightly more calcium as well. Less fat means your batter might be drier, so be careful not to over mix it. This could make your confection tough.

*Whole milk* (100g) 61kcal, 3.25g fat, 113mg calcium  
*Low-fat milk* (100g) 42kcal, 0.97g fat, 125mg calcium





## BLACKOUT CAKE

Cocoa lovers will adore this delectably moist chocolate cake Chef Pang Kok Keong, owner of Sugar Daddy Group, created exclusively for *Shape*. The fudgy frosting simply melts in your mouth.

**TOTAL PREP TIME: 2HR**  
**MAKES ONE 23CM CAKE (SERVES 12)**

### YOU'LL NEED

#### For frosting

385.2g	Maltitol
2.5g	Salt
60g	Cocoa powder
34.2g	Corn flour
728g	Low-fat milk
107g	Egg (2 medium eggs)
42.5g	Egg yolk (3 medium egg yolks)*
248g	70 per cent Guanaja chocolate, chopped
43g	Butter

#### For cake

358g	Flour
179g	Cocoa powder
5.2g	Baking soda
5.2g	Baking powder
2.6g	Salt
100g	Egg (2 small eggs)*
425.7g	Maltitol
1g	Vanilla essence
237g	Low-fat yogurt
237g	Low-fat milk
140g	Sunflower oil

#### To prepare the frosting

**1/** In a mixing bowl, combine maltitol with salt, cocoa powder, corn flour, 1/3 of milk, egg and egg yolk.

**2/** Combine 2/3 of milk with maltitol in a small saucepan and bring to a near boil.

**3/** Whisk half of heated milk into egg mixture in bowl and mix well. Add mixture to remaining milk in the saucepan. Heat over medium heat, stirring until mixture thickens and starts to bubble.

**4/** Remove from heat and whisk in chopped chocolate and butter. Transfer the mixture to a large bowl, cover with plastic and refrigerate for at least 4 hours or up to 24 hours until it is cold and set.

#### To prepare the cake

**1/** Preheat oven to 170 deg C. Lightly butter a 23cm cake pan and line with parchment.

**2/** Sift flour, cocoa powder, baking soda, baking powder, and salt together. Set aside.

**3/** In a mixer, beat eggs, maltitol sugar and vanilla essence until fluffy. Alternately add the flour mixture to low-fat yogurt and low-fat milk. Pour sunflower oil and mix well.

**4/** Pour mixture into pan and bake until a toothpick inserted in the

centre of the cake comes out clean, (approximately 45 minutes). Remove from oven and let sit for 15 minutes. Invert pan onto cooling rack, remove it, peel parchment paper off cake and allow it to cool completely.

**5/** When the cake has cooled, slice it horizontally into 3 even layers with a serrated slicing knife. Spread frosting over bottom layer. Place second layer on top, spread frosting and add last layer. Spread remaining frosting evenly over the top and sides of the cake. Cut into 12 slices and serve.

\*As the size of eggs and yolks may vary, these are estimated figures only.



**You save  
227kcal,  
10.4g fat  
and 27g of  
cholesterol!**

Nutrition Score Per Slice	No Frosting	With Frosting	Typical Chocolate Cake (With Frosting)
Energy (kcal)	359	646	873
Total Fat (g)	15.3	30.7	41.1
Saturated Fat (g)	3.1	12.3	19.2
Cholesterol (mg)	33	115	142