Strawberry Gelatin Cake
Makes 9 servings.

- Homemade strawberry gelatin makes a tasty and lower sugar topping for this potluck favorite.
- The gelatin also helps keep the cake moist.
- If you don’t have white whole wheat flour, substitute 1/3 whole wheat and 2/3 c. all-purpose flours.
- Perfect with local strawberries from Kula, Maui, or elsewhere.

1 c. White whole wheat flour
1 tsp. Baking powder
1/8 tsp. Salt
3 T. Sugar
2 Eggs
1/2 c. Egg substitute
1/2 c. Lowfat buttermilk
1 Apple banana, not overly ripe, mashed
1 T. Canola oil
1 tsp. Vanilla extract
1/2 c. Cranberry juice with no-added-sugar (or cranberry-pomegranate)
1 tsp. Unflavored gelatin
1 ½ c. Quartered Kula strawberries
1 ½ c. Fat-free whipped topping

1. Pre-heat oven to 350 degrees.
2. In a medium bowl, whisk together flour, baking powder and salt. In another bowl, combine mashed banana, buttermilk, oil and vanilla. Set aside.
3. In a mixing bowl, combine eggs and sugar.
4. Beat on high until pale yellow and tripled in volume (about 5 minutes). Switch mixer to low.
5. Add flour mixture in thirds and buttermilk mixture in halves (start and end with flour). Pour batter into a non-stick 8-inch-by-8-inch pan and bake for 40 minutes or until golden brown. Cool slightly, poke holes all over the cake with a chopstick (use the fat side). In a heavy-bottomed sauce pan, combine gelatin with cold juice and let sit for 5 minutes. Heat till juice simmers and gelatin melts.
6. Add strawberries. Turn off heat, cover pot, let sit 5 minutes or till strawberries are tender.
7. Pour gelatin over cake, distributing strawberries evenly over the top. Refrigerate until chilled then spread evenly with whipped topping.