

CRANBERRY ORANGE BUNDT CAKE

Using egg whites for whole eggs makes this cake low in cholesterol.

3 cups all-purpose flour
1½ tsp. baking soda
2/3 cup margarine, room temperature
1¼ cups sugar
3 eggs or 6 eggs whites, room temperature
1½ tsp. grated orange peel
1½ cups buttermilk
1½ cups finely chopped fresh or frozen cranberries or cored and finely chopped tart apples

Preheat oven to 350° F. Grease and flour a 10-inch bundt pan.

Sift together flour and soda. In a large bowl of an electric mixer, beat margarine and sugar until creamy. Add eggs or egg whites and orange peel; beat until mixture is light and fluffy.

Sprinkle half the flour mixture over the margarine mixture and beat until blended. Beat in half the buttermilk. Repeat process with the remaining portions; beat just until blended. Gently stir in cranberries or apples.

Pour batter into the prepared pan. Bake 1 hour, or until cake tests done when a toothpick inserted into the cake comes out clean. Cool 10 minutes in pan. Remove from pan and complete cooling on a rack.

Source: Wheat Foods Council - www.wheatfoods.org