



Sugar Free Cake Recipes

A 'Base' Cake Recipe For People Who Have Food Sensitivities to Aspartame, As Well as Other Allergies

All of my cake recipes use Pillsbury sugar free mixes, which are sweetened with Aspartame or Sucralose. A lot of folks have food sensitivities and would like to sweeten a cake with a sweetener of their OWN choosing. The following recipes will let you make a cake using ANY 1-to-1 sugar replacement that you CAN have.

Servings Info.: (for 9" round cake)

Yields: 12 slices

Servings: 9" round cake

Serving Size: 1 slice



- last checked 03/21/22 -

DEVIL'S FOOD CAKE Ingredients:

Dry Ingredients:

- 3 cups all purpose flour
- 3/4 cup Hershey's unsweetened cocoa powder
- 2 cups 0 calorie "1 to 1" sugar replacement o' choice.
(Use any sweetener you want, I used lakanto monkfruit classic)
- 2 tsp baking soda
- 1/2 tsp salt
- 2 tsp instant coffee (optional)

Wet Ingredients:

- 1-3/4 to 2 cups water or 0 calorie liquid o' choice ***
(water, cooled coffee or diet cola work great)
- 1 cup plain fat free Greek yogurt, OR 2/3 cup unsweetened applesauce (I prefer the texture with the yogurt)
- 3 eggs (or use 4 egg whites)
- 1 Tbsp imitation vanilla extract
- 4 tsp white vinegar

BAKE TIMES: (Preheat oven to 350, then lower it to 325, once you put the cake in the oven)

(2) 9" Round Pie/Cake Pans: 325 degrees, 30-34 minutes

13"x 9" Pan: 325 degrees, 40-45 minutes

Cupcakes: 325 degrees, 23-26 minutes

Directions:

- 1 Preheat oven to 350 degrees. Line bottoms of (2) 9 inch round pans with parchment paper, spray with cooking spray, set aside.
- 2 In a large mixing bowl, add all of the dry ingredients, then stir till completely mixed through, with a nice uniform appearance. Set aside.
- 3 In a separate bowl, whisk together all of the wet ingredients, till well combined into a slightly thick and smooth mixture. Pour wet ingredients into the bowl with the dry ingredients.
- 4 Mix both the wet and dry ingredients together until well combined. Divide batter between the 2 prepared pans and place into the oven. Close the oven door and TURN THE HEAT DOWN TO 325 degrees. Bake for 30-35 minutes, or when a toothpick comes out aaaalmost completely dry.
- 5 Remove from oven, cool cakes on a wire rack.

VANILLA CAKE VARIATION:

To make a plain vanilla version, make the following changes to the Devil's Food Cake recipe.

CHANGES:

Dry Ingredients:

- Remove the unsweetened cocoa powder
- Reduce sweetener to 1-1/2 cups
- Remove instant coffee

Wet Ingredients:

- Reduce liquid to 1-1/2 to 1-3/4 cups.
- Reduce either unsweetened applesauce OR Greek yogurt by 1/3 cup.
- Done, simple.

GLUTEN FREE VARIATION:

Dry Ingredients:

- Replace 3 cups of regular all purpose flour, with 3 cups Gluten Free "1 to 1 All Purpose Flour or 'Baking Flour' REPLACEMENT", such as from the brands: Bob's Red Mill, King Arthur, Krusteaz, etc.

Wet Ingredients:

- Add an additional 5 to 6 Tbsp water to the cake recipes. The gluten free flours tend to soak up more liquid.

GLUTEN FREE BAKE TIME CHANGES:

Regular Recipe (pg 156)

- Add an ADDITIONAL 10-15 minutes, for 13x9 pan
- Add an additional 5-7 minutes, for 9" round pans

Depression Cake (wacky cake):

- Add an ADDITIONAL 15-20 minutes, for 13x9 pan

GLUTEN FREE 'BAKING FLOUR' INFO.:

Make sure to purchase a Gluten Free flour blend that STATES "1 to 1 baking flour replacement" or "replaces wheat flour 1 to 1", or has similar wording. These blends already have binders added to them. These are specially made to use in recipes, as-is.



'DEPRESSION CAKE' (Egg, Dairy, Oil & Sugar Free)

This cake dates back to The Great Depression. It contains NO eggs, dairy, oil and is sugar free. ***If made with gluten free 1-to-1 flour, not produced in a facility that makes nuts, people allergic to almost EVERYTHING, can have it!***

Dry Ingredients:

- 3 cups all purpose flour
- 3/4 cup Hershey's unsweetened cocoa powder
- 2 cups 0 calorie 1 to 1 sugar replacement o' choice
- 2-1/4 tsp baking soda
- 1/2 tsp salt
- 1 tsp instant coffee (optional)

Wet Ingredients:

- 2-1/4 cups water or 0 calorie liquid o' choice (water, coffee or diet cola work great)
- 1/2 cup unsweetened applesauce
- 1 Tbsp imitation vanilla extract
- 1 Tbsp PLUS 2 tsp white vinegar

Directions:

- 1 Preheat oven to 350. Line the bottom of a 13x9 pan with parchment paper, spray with cooking spray, then set aside.
- 2 Add all the dry ingredients to a large mixing bowl, stir till well combined.
- 3 In a separate bowl, mix the wet ingredients, then pour into the dry.
- 4 Quickly mix the ingredients together, till well combined. Hurry, because it's going to start bubbling up like a 3rd grade science project. Pour into the 13x9 pan and place into the oven that was heated to 350 degrees.
- 5 Once the cake is IN the oven, turn the temperature down to 325. Bake for 30-35 minutes, till toothpick comes out baaaarely moist on the tip, NOT dry.

