



# Steamed Cake

Prepare yourself for a super moist, light and fluffy cake

This cake is simplistic perfection. It sounds crazy, but it's awesome. By using a big pot, with a deep steamer insert, you can STEAM a cake. The end product is ultra moist, spongy... and with a texture that's a cross between a souffle and a cake.

## Ingredients:

### \*\* CAKE BATTER

- 1 Pillsbury sugar free devil's food cake mix
- 1-3/4 cups seltzer water or diet soda
- 3 eggs, OR 2 egg whites, if eggs have points for you
- 1 tsp baking powder
- 1 Tbsp cocoa powder

## Serving Info.:

Yields: 12 scoops 🍦

Servings: 12

Serving Size: 2/3 cup scoop\*\*



Range

3-4

- last checked 02/14/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Directions:

- 1 Fill a large pot (that has a deep DEEP steamer insert) with enough water to stop about 1/2 inch below the insert. Remove the insert (trust me) and bring the water to a boil.
- 2 Mix all of the cake ingredients together in a large mixing bowl, until well combined.
- 3 Pour the batter into a 1.5qt round baking dish that fits into the insert. It's a tight-ish squeeze, which is why you've removed the insert from the pot before you start boiling the water. Otherwise, it'll burn your hands.
- 4 Set the batter-filled baking dish into the steamer insert.. Lower the insert into the pot, then cover with the lid. Crank up the heat to high, and steam over a rolling boil for 10 minutes.
- 5 Reduce the heat to medium-low and continue steaming the cake for another 25 minutes. Done.

## \*\*\* NOTES

- The servings are very hard to gauge with this. By default I have the points and calories per serving calculated, assuming that you will take 12 scoops. It is hard to gauge how many servings you will ACTUALLY get, because it will be completely dependent on how big of a scoop you take. I can control the recipe, I can't control your serving spoon.
- This is a very, very simple and inexpensive cake to make. However, it might take you 2-3 times to get the actual cook time to be exaaaaactly what you want. If you steam it a few minutes too long, it will stay forever-moist, but it will be completely cooked through. Steam it a few minutes less and you have freakin' amaze-balls lava cake. The cake is cooked all around, but the very bottom is almost firm, giving you the most amazingly hot, chocolaty gooey sauce.
- When you add water into the pot, make sure that you put enough in to just barely miss coming into contact with the underside of the insert. You don't want all of the water to evaporate before it's finished steaming... then it's just baking, and can burn your pot.
- If you can't find the devil's food cake mix, use yellow cake mix and add 1/2 cup cocoa powder.