

# Mini Quarantine Cake

The name may not be sexy, but it's simple and tasty.

Unlike all of my other cake and cupcake recipes, which are based on the use of Pillsbury sugar free cake mixes, I wanted to make a small, low point, single serving cake, that could be made with a few simple ingredients. There are a lot of people that are sheltered in their houses right now, unable to get typical ingredients. This small cake is meant to be made by people who have to ration what they have during these troubled times.

This is a low point take on a personal sized "Depression Cake", which is a cake recipe made popular during the Great Depression, when ingredients were scarce and rationed. Typical recipes for this type of cake call for a lot of oil and sugar. I'm lowering the points by replacing the oil with water and the sugar with natural 0 point sweetener.

## Ingredients:

- 4 Tbsp + 1 tsp all purpose flour \*\*
- 1/4 tsp baking soda
- 1/8 tsp baking powder
- pinch of salt
- 1 Tbsp unsweetened cocoa powder
- 2-1/2 Tbsp 0 point sweetener o' choice\*\*  
(monkfruit, swerve, stevia, splenda, etc.), adjust to your tastes.
- 1 tsp vanilla extract
- 2 tsp vinegar\*\*
- 4 Tbsp water
- 1/4 tsp powdered sugar, for garnish.

## Directions:

- 1 Preheat oven to 350 degrees. In two separate bowls, prepare the dry and wet ingredients, separately.
- 2 Quickly mix all the ingredients into a batter, then pour into an 8oz ramekin, sprayed with cooking spray. ONLY fill the ramekins 3/4 full, it's ok if there is a tiny bit of batter left over. Don't overfill the ramekins or the cake will spill out over the sides while baking.
- 3 Bake at 350 degrees for 25-30 minutes. At 25 the bottom might be soft still, if you like that. At 30 minutes it's baked through.
- 4 If you'd like to "snazzy it up", use a wire mesh strainer, to dust the top of the mini cake with powdered sugar. Done.

## Note:

- If you do not want to use 0 point sugar substitute, obviously.... use regular sugar, but adjust your points. And MAKE SURE to use a sweetener that is FOR BAKING!!!! The package will say how much to substitute for sugar in recipes.
- You can use any flour that you have on hand for this recipe, though each will give a slightly different finished texture. I used all purpose flour for mine. If you are allergic to Gluten, feel free to try this recipe with gluten free flour, such as Bob's Red Mill.
- I used 8oz ramekins. Don't have a ramekin? Use a cupcake/muffin pan, it should work, but will look like a mushroom cloud.
- Use any type of vinegar that you have on hand, even balsamic. At only 2 teaspoons, most all vinegars stay 0 points.
- The powdered sugar is for dusting. If you are on a sugar free diet, use "Swerve" or Lakonta brand, 0 point powdered sugar substitute.
- **IMPORTANT NOTE!!:** Any brand Stevia with Maltodextrine, can have an off-putting taste when used in recipes with vinegar. If your stevia has that ingredient as a filler... don't use it. Also... "Monkfruit In The Raw" brand sweetener, tastes absolutely disgusting.
- Remember, mix the wet and dry ingredients together QUICKLY, till just combined, then get it in the oven immediately.



## Serving Info.:

Yields: 1 mini cake

Servings: 1

Serving Size: 1 cake

## Points:

1 serving = G B P

3 3 3





## Almond Cake:

### Recipe Changes:

- Remove the cocoa powder.
- Replace the vanilla extract with almond extract, found in the baking/spice aisle.
- Add 2 tsp powdered peanut butter or powdered almond butter.
- Add 1/8 tsp ground cinnamon (helps with color). Measure a 0 point amount of almonds, by weight, then crush them. Sprinkle the crushed almonds on top of the cake batter, right before baking. Don't have almonds? Use crushed walnuts instead, but weigh them and check points.

## Almond Joy Cake: *(chocolate, coconut & almond)*

### Recipe Changes:

- Add 2 tsp powdered peanut butter or powdered almond butter to the dry ingredients.
- Replace the vanilla extract with coconut extract, found in the baking/spice aisle.
- Add an additional 1/2 tsp of almond extract.
- Measure a 0 point amount of almonds, by weight, then crush them. Sprinkle the crushed almonds on top of the cake batter, right before baking. Don't have almonds? Use crushed walnuts instead, but weigh and check points.
- Toast coconut, just like instructed in the coconut cake recipe, then sprinkle it on top of the batter, along with the crushed almonds.

## Apple Spice Cake:

### Recipe Changes:

- Remove the cocoa powder.
- Replace the vanilla extract with caramel or maple extracts, found in the spice aisle, or online. Cheapest at walmart.
- Replace the 1/4 cup water with unsweetened applesauce.
- Add 1 additional Tbsp water to the batter.
- Add 2 tsp powdered peanut butter.
- Add 1/2 tsp ground cinnamon and 1/8 tsp ground nutmeg.
- Bake for 5 additional minutes (30 total)

## Bananas Foster:

### Recipe Changes:

- Remove the cocoa powder.
- Add 2 tsp powdered peanut butter (trust me).
- Add 1/4 tsp ground cinnamon
- Add EITHER 1/4 tsp of molasses to the wet ingredients, or replace the sweetener with 0 point brown sugar substitute.
- Replace the vanilla extract with rum extract, found in the baking/spice aisle/or online.
- Puree a banana with a little water (I used 2 Tbsp), until liquidy. Use 1/4 cup of the banana puree to replace the "water" of the base recipe.
- Add an additional 1-2 Tbsp of water if the batter is too thick to mix.
- Bake for 30 minutes, or until toothpick comes out clean.

# Flavor Variations

## Modifying the base recipe for different flavors

By modifying the "base" cake recipe, from the previous page, you can make a wide variety of snazzy mini cakes. The following flavored cakes are made by slightly modifying the base-cake recipe with different extracts and spices. You can also replace the water with pureed fruit. Have fun testing out new flavors, while keeping the cakes low in points.

## Blueberry Cake:

### Recipe Changes:

- Remove the cocoa powder.
- Use any vinegar other than balsamic.
- Add 1 tsp lemon juice
- Replace all the water with 1/4 cup pureed blueberries.
- Increase bake time by 5 minutes (30 total).

## Carrot Cake:

### Recipe Changes:

- Remove the cocoa powder.
- Add 1/4 tsp ground cinnamon.
- Add 1/8 tsp ground nutmeg.
- Add EITHER 1/4 tsp of molasses into the wet ingredients, or replace the 0 point sweetener with 0 point brown sugar substitute... It's your choice.
- Finely chop up a few baby carrots, and add 3 Tbsp of the carrots into the dry ingredients.
- Measure a 0 point amount of walnuts, by weight, then crush them and add into the dry ingredients. I was able to get 1 tsp of loosely packed, crushed walnuts.
- (optional) measure a 0 point amount of raisens, by weight, if you'd like to also add raisens.
- Bake for 30 minutes, or until a toothpick comes out clean.

## Coconut Cake:

### Recipe Changes:

- Remove the cocoa powder.
- (optional) Use Coconut/Almond Milk in place of the water, but adjust your points if you're a greenie.
- Replace the vanilla extract with coconut extract, found in the baking/spice aisle/or online.
- (optional) Finely chop a spoonfull of sweetened coconut flakes, then toast in a pan. The process is explained on page 47 of "Cookbook: Volume 1", which is a free download on my website.
- (optional) Sprinkle 1 teaspoon of the toasted coconut flakes on top of the batter, right before baking the cakes. In the database, 1 tsp of sweetened, TOASTED coconut flakes, is 0 points. Make sure to toast them.
- Want Pina Colada flavor? Add 1/2 tsp rum extract too.

## Coffee Liqueur Cake:

### Recipe Changes:

- Add 1-1/2 tsp instant coffee to the dry ingredients.
- Replace the vanilla extract with 1 tsp rum extract.
- Well THAT was easy.

## German Chocolate Cake:

### Recipe Changes: (4 point cake)

- Toast coconut as instructed in the coconut cake recipe.
- Weigh 1 points worth of pecans, (5 gm) then crush them.
- In a small pan, heat the coconut and pecans with 2 Tbsp water, 1/2 tsp sweetener, 1/8 tsp vanilla extract and 1/4 tsp cornstarch dissolved in a little water. Simmer till thickened.
- Cool to room temperature, then spread onto original cake.

## Hummingbird Cake: (banana & pineapple)

### Recipe Changes:

- Remove the cocoa powder.
- Add 1/4 tsp ground cinnamon.
- ONLY use 2 Tbsp of sweetener, not the listed 3, then...
- Add EITHER 1/4 tsp of molasses into the wet ingredients, or replace the 0 point sweetener with 0 point brown sugar substitute... It's your choice.
- Instead of using the 1/4 cup of water, in the base recipe... Open a can of crushed pineapple. Rinse it with water, so that it's 0 points. Add 3 Tbsp crushed, rinsed pineapple into the wet ingredients.
- Mash half of a banana with some water, till it's a smooth and pureed consistency. Add 2 Tbsp of the banana "puree" to the wet ingredients.
- Replace the vanilla extract with maple extract.
- If your batter is too thick, add 1 Tbsp water, while mixing. Bake for 30-35 minutes, or until a toothpick comes out clean.

## Lemon Cake:

### Recipe Changes:

- Remove the cocoa powder.
- Leave out the vinegar from the recipe.
- Replace the vanilla extract with lemon extract, found in the baking/spice aisle.
- Replace 3 Tbsp of the water with 3 Tbsp of lemon juice.
- Add 1 additional Tbsp water, if the batter is too thick.

## Maple & Brown Sugar Cake:

### Recipe Changes:

- Remove the cocoa powder.
- Add 2 tsp powdered peanut butter (trust me).
- Add 1/8 tsp ground cinnamon
- Add EITHER 1/4 tsp of molasses into the wet ingredients, or replace the 0 point sweetener with 0 point brown sugar substitute... It's your choice.
- Replace the vanilla extract with maple extract, found in the baking/spice aisle/or online. Into the "wet" ingredients, add either 1/4 tsp of real maple syrup (0 point amount), or 2 tsp of sugar free pancake syrup.
- (optional) Right before placing into the oven, sprinkle a 0 point amount of instant oats on top of the batter.

## Mexican Hot Chocolate Cake:

### Recipe Changes:

- Add 1/2 tsp ground cinnamon
- Add 1 additional Tbsp of sweetener o' choice.
- Add a dash (or more, to taste) of ground cayenne, ancho chili, or chipotle chili powders. I used 1/8 tsp of the chipotle powder. Cayenne is the hottest of them, while the ancho and chipotle add a nice spicy smokiness. The ground chili powders can be found in the latin food aisle, or in the regular spice aisle.
- If you can't find any of those, you can use regular chili powder, though the taste will be a little saltier.
- Add a little ground cinnamon to the powdered sugar, when dusting the top of the cake.

## Nutella Cake:

### Recipe Changes:

- Add 2 tsp powdered chocolate peanut butter.
- Replace the vanilla extract with hazelnut extract.
- Measure a 0 point amount of hazelnuts, by weight (2.5 gm), then crush them and set aside. If you don't want to go but a bag of hazelnuts, you can use walnuts, but the flavor will be slightly different, obviously.
- Measure a 0 point amount of chocolate chips, by weight, then place them in a ziplock bag and crush them. Set aside.
- Right before placing the ramekins into the oven, sprinkle the crushed hazelnuts and chocolate over the batter, then bake.
- Scoop 1/4 tsp of nutella into a small dish then mix with 1/4 tsp of water. Stir until you now have 1/2 tsp of slightly thinner nutella. Spread it over the top of your warm cake, then top with powdered sugar.

## Peanut Butter Chocolate Cake:

### Recipe Changes:

- Add 2 tsp powdered peanut butter.
- Add 2 tsp powdered chocolate peanut butter.
- Measure a 0 point amount of peanuts, by weight (2.5 gm), then crush them and set aside. For me, it was 3 peanuts.
- Measure a 0 point amount of chocolate chips, by weight, then place them in a ziplock bag and crush them. Set aside.
- (optional) Order "peanut butter concentrated extract" from Amazon. Replace the 1 tsp of vanilla extract with 1/2 tsp peanut butter extract. It costs a few bucks... but you will deeeefinitely be making this multiple times. Or... just use vanilla extract, like normal.
- Right before placing the ramekins into the oven, sprinkle the crushed chocolate and peanuts over the batter, then bake.
- When done baking, melt a scoop of creamy peanut butter in the microwave, in a small dish, 20 seconds at a time.
- When the peanut butter is liquified, scoop out 1/4 tsp and drizzle the liquid PB over the top of the cake. Done.

## Pumpkin Spice Cake:

### Recipe Changes:

- Remove the cocoa powder.
- Replace the vanilla extract with either pumpkin spice extract or maple extract, found in the baking/spice aisle.
- Instead of 1/4 cup of water for the cake, use 1/4 cup of 0 point, canned pumpkin puree.
- Add 3 additional Tbsp water to the batter.
- Add 1/4 tsp pumpkin pie spice
- Add 1/8 tsp ground cinnamon
- Bake for 5 additional minutes (30 total)

## Salted Caramel Cake:

### Recipe Changes:

- Remove the cocoa powder.
- Add 2 tsp powdered peanut butter (trust me).
- Add 1/8 tsp ground cinnamon
- Replace the vanilla extract with caramel extract, found in the baking/spice aisle/or online.
- Sprinkle top of the batter with coarse salt, right before baking.
- (optional) After baking, smear 1/4 tsp Smucker's sugar free caramel sundae syrup on top of the cake, then dust with the powdered sugar. 1/4 tsp doesn't sound like much... but trust me, it spreads great.

## Spiced Pineapple Rum Cake:

### Recipe Changes:

- Remove the cocoa powder.
- Add 1/4 tsp ground cinnamon.
- Add 1/8 tsp of both ground ginger and ground nutmeg.
- ONLY use 2 Tbsp of sweetener, not the listed 3, then...
- Add EITHER 1/4 tsp of molasses into the wet ingredients, or replace the 0 point sweetener with 0 point brown sugar substitute... It's your choice.
- Open a can of pineapple, doesn't matter if it's crushed, rings, or chunks. Rinse the pineapple off and drain it so that it's 0 points. Now puree some of it into pineapple puree. Replace the 1/4 cup of water in the recipe, with the 3 Tbsp of pineapple puree mixed with 1 Tbsp water.
- Replace the vanilla extract with either 1 tsp of REAL rum, or 1 tsp of rum extract... your choice.
- Bake for 30 minutes, or until a toothpick comes out clean.
- Want a more traditional Pineapple cake? Simply remove the ginger and nutmeg, then use vanilla extract instead of the rum.

## Strawberry Balsamic Cake:

### Recipe Changes:

- Remove the cocoa powder.
- Use 2 tsp of balsamic vinegar for the recipe.
- Replace the vanilla extract with strawberry extract, found in the baking/spice aisle.
- Replace all of the water with pureed strawberries.
- Add 1 additional Tbsp water, if the batter is too thick.
- (optional) If you want a "regular" strawberry cake, don't use balsamic vinegar. Instead, use white/distilled, apple cider, or red wine vinegar. The Balsamic discolors the nice red cake.

## Thin Mint Cake: (chocolate & mint)

### Recipe Changes:

- EXTRACT: Instead of using 1 tsp of vanilla extract, use either 1/4 tsp or 1/2 tsp of peppermint or mint extract. I made mine with 1/2 tsp, it tasted good but was very strong. Seriously, 20 hours later it was still like I was sucking on a mentos.
- Measure a 0 point amount of chocolate chips, by weight, then place them in a ziplock bag and crush them.
- Right before you put your mini cake into the oven, sprinkle the crushed chocolate onto the top of the batter.