



Triple Berry Hot Milk Sponge Cake

INGREDIENTS (Yield: 9 servings)

- Cooking oil spray
- 2 large eggs
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup white whole-wheat flour
- $\frac{1}{2}$ cup all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ cup skim milk
- 2 tablespoons canola oil
- 2 teaspoons orange zest
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ cup apricot preserves
- 1 cup fresh strawberries, sliced
- 1 cup fresh blueberries
- 1 cup fresh blackberries

NUTRITION INFORMATION: 206 Calories; 7 grams Fat; 1-gram Saturated Fat; 42 mg Cholesterol; 67 mg Sodium; 39 grams Carbohydrates; 20 grams sugar; 3 grams Fiber; 4 grams Protein

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Coat a 9-inch round baking pan with cooking spray. In a large bowl, beat eggs for 4 minutes with electric mixer on medium speed. Gradually add sugar and continue beating until light and fluffy, about 4 to 5 minutes. In a separate bowl, combine whole-wheat flour, all purpose flour, and baking powder. Add flour mixture to egg mixture and mix until just combined.
3. In a small saucepan, heat milk, oil, and orange zest over medium heat until hot, but not boiling. Remove from heat and add vanilla extract. Gradually add milk mixture to batter, mixing constantly. Pour batter into prepared pan and bake 20 to 25 minutes.
4. In a saucepan, melt apricot preserves over low heat. Remove from heat and add strawberries, blueberries, and blackberries; toss to coat berries.
5. To serve, top each piece of cake with about $\frac{1}{3}$ cup glazed berries.