



### ***Bake the green cake and eat it, too!***

Looking for a great last minute recipe for cake that will be the talk of the night?

Keep reading. In our last staff meeting, this was the conversation:

“Did you say you brought a green cake?” “Yes, and it is forest green!” Not only was it different, but was hum, hum, delicious! And because you deserve to try it, here is the recipe:

Take four eggs and beat with two cups of sugar until the batter gets of a creamy consistency. Add one teaspoon vanilla. Add together two cups all purpose flour, one teaspoon salt, two teaspoons baking powder, and two teaspoons ground cinnamon. Reserve one or two teaspoons of the flour mix to sprinkle over the walnuts. Start to beat in these dry ingredients into the sugar/egg mixture. Add and beat in a 13 ounce can of drained spinach (previously passed through a food processor or blender). Mix in half cup canola oil. Finally, add one cup chopped walnuts, (and if desired, cut down the amount of walnuts and add three quarter cup raisins). Pour in a round tube or a 13x9” rectangular cake mold. Bake for 50-60 minutes at 350 degrees. Cool.

Set it on a pretty dish. Décor with spoonfuls of light whipped topping and maraschino cherries or fresh strawberries. Call it Emerald, Christmas Tree Cake or something like this. The name might not be that important. What is important is that it tastes great and has good amounts of carotenes, vitamin K, and healthy oils from the spinach, walnuts and the canola oil. Don't you think that this is a great opportunity to introduce spinach to the shy? Be prepared to share the recipe!

**Note:** If experimenting with other ingredients for this recipe, call me to let me know.

Marie LoPresti is a Registered and Licensed Dietitian/Nutritionist. Marie works for the Osceola County Health Department. To attend nutrition seminars for weight management, diabetes, high blood pressure or high cholesterol, call 407-343-2098. Seminars are free and open to the public at large. To know more about Health Department services in Kissimmee, St. Cloud, and Poinciana call 407-343-2000.