



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Basic Coffee Cake\*

### Cake:

2 cups MASTER MIX  
½ cup sugar  
1 egg  
½ cup water

1. Combine MASTER MIX and sugar.
2. Mix egg and water and stir into dry ingredients until just blended.
3. Spread in 8-inch square pan and sprinkle with topping.
4. Bake at 375° F for 20 minutes.

### Topping:

1/3 cup brown (or white) sugar  
2 tablespoons MASTER MIX  
1 teaspoon cinnamon  
2 tablespoon margarine or butter

Combine dry ingredients and cut in margarine. Sprinkle over batter before baking.

### Variation:

**Apple Coffee Cake**-Instead of topping, arrange apple slices on cake batter in a pretty design. Sprinkle with a mixture of 2 tablespoons sugar and 1 teaspoon cinnamon.

Nutrition Facts	
Serving Size: 1 piece (72g)	
Servings: 9	
Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>13%</b>
Saturated Fat 1g	6%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 2g	7%
Sugars 21g	
<b>Protein</b> 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.