

# Usher In The Flavor And Colors Of Spring With Raspberry Cream Cake

(NAPS)—Spring has sprung, and with it comes those welcomed warm breezes and the explosion of colors in budding gardens. From the vernal equinox through the first day of summer, our moods, activities and *especially* our palates are influenced by this season of rebirth.

"It's easy to capture the flavors, spirit and colors of spring without a lot of fuss and expense," said Cherryl Bell, M.S., R.D., Sunsweet director of nutrition and food communications. "Whether it's a sunny Sunday brunch, intimate bridal shower, joyous christening, or just a casual neighborhood get-together, spring's fresh and vibrant mood can easily be reflected in your menu and decor with a few simple touches."

For example, Bell suggests bringing some of spring's "sunshine" inside by decorating the table with some freshly picked tulips, daffodils or flowering branches from your garden or local florist. Or take it one step further and *really* integrate some of these spring blooms into your party. Put the flowers on the menu, not just next to it, by decorating dessert plates or cakes with frosted edible flowers such as pansies and violas.

Another way to salute the season, and reawaken your guests' palates from the winter doldrums, is with the abundance of spring fruits and vegetables that are now available. Sprinkle seasonal treasures, such as asparagus, spring peas, strawberries and raspberries throughout the menu, from appetizers to side dishes to desserts.

"One ideal way to showcase both the color and flavor of the season is with this delectable Raspberry Cream Cake," added Bell. "Its rich, creamy topping and vibrant raspberry crown make this moist, delicious cake the perfect accompaniment to any lavish brunch spread or casual coffee

get-together. Best of all, despite its luscious appearance and texture, no one will suspect that it's very low in fat."

According to Bell, it's easy to cut the fat yet savor the flavor in this cake—and many of your own favorite baked goods. By omitting the butter or oil called for in the recipe and replacing it with half the amount of Sunsweet® Lighter Bake® Butter & Oil Replacement, you can reduce the fat in your baked goods by 50-90 percent and calories by 10-30 percent. Made from a 100 percent fat- and cholesterol-free blend of dried plums and apples, Lighter Bake provides the perfect mixture of taste and texture to create delicious home baked treats.

For a free copy of *How to be a Lighter Baker*, with more great-tasting reduced fat recipes and baking tips, call 1-800-417-BAKE.

## RASPBERRY CREAM CAKE

- 1½ cups powdered sugar
- 2 tablespoons margarine, cut up
- ⅓ cup Sunsweet Lighter Bake
- 2 large eggs
- ½ teaspoon almond extract
- 1½ cups all-purpose flour
- ½ teaspoon baking powder
- ⅔ cup low fat sweetened condensed milk
- ½ cup light (low fat) sour cream
- 4 teaspoons lemon juice
- ¼ cup sliced almonds, toasted (optional)
- ⅓ cup seedless red raspberry jam or preserves



Heat oven to 325°F. Coat bottom and sides of 9-inch springform pan or 9-inch cake pan with cooking spray. In mixing bowl, beat powdered sugar and margarine with electric mixer on low speed until blended. Add Lighter Bake, eggs and almond extract; beat until smooth. Combine flour and baking powder; beat into batter just until blended. Spread batter evenly in pan. Bake 20 to 25 minutes, or until pick inserted in center comes out clean. In small bowl, combine sweetened condensed milk, sour cream and lemon juice, whisk until smooth. Spread evenly over cake to within ¼-inch of edge. If desired, sprinkle almonds around edge of cream. Return to oven for 5 minutes, until topping is set. Place on wire rack to cool. Stir jam until smooth and spread over top of cake. Serve warm or cool, cut into wedges. Refrigerate leftovers. Makes 12 servings.

*Nutrients per serving:* Calories 244 (15% calories from fat); Protein 5 g; Fat 4 g; Carbohydrate 47 g; Cholesterol 42 mg.