Fruit Torte
Nancy Rogers, MS, RD

I received this recipe from a fellow dietitian many years ago, and find it serves as a tasty dessert to make in a hurry. It resembles a moist coffee cake, and is remarkably low in calories, as it does not call for any fat besides what is in the egg and the nuts. While it does contain white flour and sugar, it is much healthier than any cake or coffee cake you would pick up at a bakery, and it only takes minutes to prepare.

Ingredients

1 cup white enriched flour
½ cup whole wheat flour
2/3 cup sugar
1 15 oz. can fruit cocktail, packed in fruit juice
1 tsp. baking soda
1 tsp. baking powder
½ tsp salt
1 egg, well beaten
Topping: 1 or more cups almonds and walnuts, chopped and ½ cup brown sugar

Makes 20 servings

Preheat oven to 350°F. In a large bowl, mix together the dry ingredients (flours, baking soda, baking powder, salt, sugar). In a small bowl, beat the egg for 1-2 minutes, and then mix the egg and fruit cocktail with juice into the dry ingredients, until just blended. Pour into a greased 9 x 13 pan. Sprinkle with brown sugar and chopped nuts. Bake at 350°F for 45 minutes. Serve plain, or with a dollop of whipped cream or vanilla ice cream.

Nutrient analysis per serving (20 servings per 9 x 13” pan)
120 calories
21 g. Carbohydrates
3 g. protein
4 g. total fat
155 mg. sodium