

# Low Calorie and Low Fat Chocolate Cake

½ cup all purpose flour  
¾ cup sugar  
1 teaspoon salt  
¼ teaspoon baking soda  
¼ cup unsweetened cocoa, dissolved in ¼ cup hot water - add to flour mixture  
⅓ cup applesauce  
¼ cup egg beaters  
1 teaspoon vanilla

Line one cake pan with parchment paper, bake 35 minutes at 350° (8 inch cake pan)

## Icing:

8 ounce package light cream cheese mix with 1 tablespoon light butter  
1 cup Splenda  
½ cup cocoa powder  
pinch salt  
1 teaspoon vanilla

Mix well. If icing appears dry, add 1 or 2 tablespoons non fat milk to make smooth enough to spread.