

Maria's Healthy Heart Beat Red Velvet Cake



Recipe Ingredients:

- 1 box Deluxe Butter Cake mix
- 3 large eggs
- 1 tsp top-of-the-line cocoa
- 1 tsp vanilla
- 1 cup buttermilk*
- 1 stick butter
- 1 bottle of red food coloring
- 1 tsp baking soda
- 1 tsp vinegar

*Substitute Buttermilk With...

1/2 cup Plain Greek Yogurt

1/2 cup Skim Milk

...For the Healthier Way to Go



Picasso's Bakery Cookbook:
February 2011 Maria's Red Velvet Cake Recipe

Cooking Directions:

Pre-heat Oven at 375°

- 1. Combine all ingredients into large mixing bowl.
- 2. Mix ingredients for approx. 4 minutes, or until mixture is smooth.
- 3. Butter 2 Round 8" cake pans. Equally distribute the mixture between the 2 cake pans.
- 4. Bake in oven for 25-30 minutes.
- 5. Let cool for approx. 10 minutes.
- 6. Gently remove cake from pans.
- 7. Begin Frosting...

Frosting Instructions:

- 8 oz. low-fat cream cheese
- 1 box powdered sugar
- 1 container low-fat cool whip
- 1. Combine ingredients in medium bowl. Mix until fluffy and cloud-like.
- 2. Frost top of second cake layer.
- 3. Carefully place first layer on top of frosted second layer.
- 4. Frost top of cake.



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