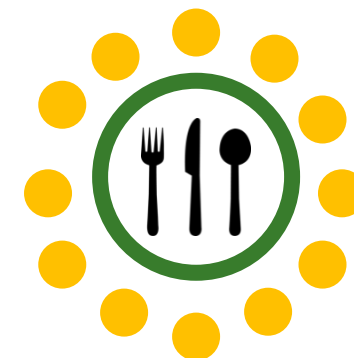


recipe of the week:

Diabetic Friendly Heavenly Chocolate Cake



ingredients:	directions:
2 lbs. fat-free ricotta cheese	1. Preheat oven to 350 degrees Fahrenheit. Coat a 9 x 13 inch baking dish with cooking spray.
3 eggs	2. In a large bowl, with a hand mixer, beat ricotta cheese, eggs, sugar, and vanilla until smooth; set aside. In another large bowl, prepare cake mix according to package directions. Pour cake batter evenly into baking dish. Slowly pour cheese mixture evenly over cake batter.
¼ cup sugar	3. Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Let cool completely.
1 tsp. vanilla extract	4. In a medium bowl, whisk pudding mix and milk until smooth. Fold whipped topping into pudding until well combined. Spread mixture on top of cake.
1 (16 oz.) package sugar-free chocolate cake mix	5. Refrigerate 4 hours or until ready to serve.
1 (1.4 oz.) package sugar-free instant chocolate pudding mix	
1 cup fat-free milk	
1 (8 oz.) container fat-free frozen whipped topping, thawed	

Presented by:

